

GVH RETURN TO TRAINING SCHEDULE 30 March - 3 June

Rep Sessions 30 March - 1 June 2021

FOCUS - High Intensity Intervals

OUTCOMES - Improved basic speed; Improved running economy; Prepare for marathon training

BENEFITS - All distances

30 March - 6 x 3min [1'30"]

6 April - 4,3,2,1,1,2,3,4 Pyramid

13 April - 12 x 30" Hills

20 April - 10 x 600m

27 April - 14 x 1min on/off + 8 x 30" on/off

4 May - 3 x 90", 2 x 3', 1 x 5', 2 x 3', 3 x 90" Pyramid

11 May - Mixed Hills 6 x (20', 40', 60')

18 May - 40mins 400m reps [1']

25 May - 4 x 5' [2'30"]

1 June - 4,3,2,1,1,2,3,4 Pyramid + 6 x 30" max effort

Proposed Routes of the Week (shorter options will usually be available - details will be published at the time)

These are all subject to change - plenty of notice will be given if so!

1 April - Golf Courses (5.5m)

8 April - Sugar Lane Short II (6.8m)

15 April - Bovington Airfield (7.4m)

22 April - Barnes Short (6.9m)

29 April - HANDICAP (4.1m)

6 May - Gladiator I (7.9m)

13 May - Pimlico I (9.7m)

20 May - Holly Hedges (10.5m)

27 May - HANDICAP

3 June - Kings Langley Wayside (9.4m)