

GVH Rep Sessions June-September 2021

- 40 runners are signed up for autumn marathons, so training will focus in this direction!
- **BUT** All sessions will be beneficial to all runners though with adaptations to Yasso 800s for non marathon runners. By the end of the summer you will be ready to tackle any race distance from 5k upwards and grab those PBs!
- 5 week repeating pattern + 2 weeks of taper.

08/06/21 - 25 min Hill Loops (Gadebridge & Jocketts)

15/06/21 - Speed Reps 8-12 x 600m [jog/walk to start] (Chaulden Fields)

22/06/21 - Fartlek (road loop TBC)

29/06/21 - Cruise Intervals 5 x 5' [2'30"] Spring Fields

06/07/21 - 6-8 x Yasso 800s (Venue TBC)

13/07/21 - Mixed Hills 6 x [20", 40", 60"] (Keen Fields & Gadebridge Park)

20/07/21 - Speed Reps 8-12 x 600m [jog/walk to start'] (Chaulden Fields)

27/07/21 - Fartlek (road loop TBC)

03/08/21 - Cruise Intervals 4 x 8' [4'] (Spring Fields)

10/08/21 -7-9 Yasso 800s (Venue TBC)

17/08/21 - Long Hills (Westbrook Hay Drive or Old Boxmoor Golf Club)

24/08/21 - Endurance Reps 5 x 1mile [2'30"]

31/08/21 - Fartlek (road loop TBC)

07/09/21 - Cruise Intervals 1 x 10' [5'], 2 x 6' [3'], 3 x 3' [90"] (Spring Fields)

14/09/21 - 8-10 Yasso 800s (Venue TBC)

21/09/21* - 5m with 5 x 3' @MP + 2miles (Marathon 03/10) or 2 x 2mile [5'] (Marathon 10/10)

28/09/21* - 5m easy with 2m @ MP Marathon (03/10) or 5m with 5 x 3' @MP + 2miles (Marathon 10/10)

*Separate sessions for non-marathon runners to be created for these weeks.