

TRAINING JUNE JULY AUGUST 2019 FOR CRAWLEY A.C. ENDURANCE GROUP

Don't forget to TAPER before an important race AND allow for recovery afterwards

These Sessions are for YOU to 'use'. They may not be for YOU at any particular time

Sessions can be adapted according to individual states of fitness and for newcomers

MONDAY and WEDNESDAY sessions start at 7.20pm. Be warmed up and ready to go

WED	26/06	TRACK. 2 x (4 x 400m) 1 minute between 4's, extra minute between sets.
SUN	30/06	YDL (Upper) Allianz Park
MON	01/07	A run followed by 80m sprints session. Finishing with 1 x 800m
		Meet back of walled garden ready warmed up 7.15
WED	03/07	TRACK. 6 x 600m, 200m jog between.
SAT	06/07	
MON	08/07	Rhododendrons route. Meet back of walled garden. 7.15 ready warmed up
WED	10/07	Open Meeting K2 '800m' route in Tilgate Park. Meet back of Walled Garden 7.15 ready warmed up
SAT	13/07	
MON	15/07	'500m' route in Tilgate Park. Meet at seat at the end of the path between the two lakes ready warmed up.
WED	17/07	TRACK. 6 x 800m 2 minutes between
SUN	21/07	
MON	22/07	200m hill down from Smith and Western (the road the huts are on). Meet there 7.15
WED	24/07	TRACK. 200m, 400m, 600m, 800m, 600m, 400m, 200m. 200m jog after 2 and 6, 2 mins after 4's and 8's
SAT	27/07	
SUN	28/07	YDL (upper) Blackheath
MON	29/07	800m route in Tilgate Park . Meet back of walled garden 7.15 ready warmed up
WED	31/07	2 x (5 x 400m) 1 minute between 4's, extra 1 minute between sets.
SAT	03/08	
MON	05/08	500m route end of path between the two lakes. Meet there 7.15 ready warmed up
WED	07/08	TRACK. 2X (12 x 200m), 20 seconds between 200's, extra 2 ½ minutes between sets.
SAT	10/08	
MON	12/08	Session as 01/07
WED	14/08	TRACK. 3 x 1200m 3 minutes between.
SAT	17/08	
MON	19/08	Rhododendrons route. Meet back of walled garden 7.15 ready warmed up.