

## Armada Track Sessions – Saturday mornings 10 – 12

Date	Coach	Focus	Session
29-Jan-22	Neil D	Speed	8 x (300m / 100m recovery (Rest 5 mins)) 6 x (300m / 100m recovery)
12-Feb-22	Karen	Endurance	8 x (500m / 300m recovery (Rest 5 mins)) 6 x 500m / 300m recovery
26-Feb-22	Ash P	Speed	5 sets of (2 x 400m / 200m rest) rest 2-3 mins
12-Mar-22	Jane	Speed	Fartlek
26-Mar-22	Bianca	Endurance	3-5 sets (3 x 800m, rest 90 secs) off 2 mins between sets
09-Apr-22	Neil D	Endurance	3-5 sets (3 x 600m, 200m recovery, rest 90 sec) off 2 mins between sets
23-Apr-22	Karen	Speed	10 - 20 sets (300m speed, 100m recovery)
07-May-22	Ash P	Endurance	10 x (600m, 200m recovery)
21-May-22	Jane	Endurance	3-4 sets (1 x 800m, 1 x 600m, 1 x 400m off 1 min) 5 min between sets
04-Jun-22	Bianca	Speed	Fartlek and condition drill focus
18-Jun-22	Neil D	Endurance	2-3 sets (1 x 1,200m, 1 x 800m, 1 x 400m off 1 min) 5 min between sets
02-Jul-22	Karen	Endurance	4-6 (1,600m / 400m recovery) no rest
16-Jul-22	Ash P	Endurance	10 x 800m, 2 min offs between each set
30-Jul-22	Jane	Speed	4 x sets of 2 mins, 4 mins, 6 mins, 4 mins, 2 mins @ 5k pace - 3 min rest between
13-Aug-22	Bianca	Endurance	4 x 1500m, 100m walk recovery - 4 min rest between sets