

Date: 18/1/23	
<p>Warm up: Run 2 laps of the track.</p> <p>Dynamic warm up: Jog forward circling arms forward, jog forward circling arms backwards Side steps (ideally with arms), walking lunges, Sumo squats, walking hamstring stretch – feed the chickens.</p> <p>Drills: Pre A skip drills – march and switch</p>	<p>Split into 2 groups at end of 2 laps sending half to the 200m start.</p> <p>Repeat of warm up from last session so people should be becoming more familiar.</p> <p>As above – verbal prompts to remember foot position on landing and dorsi flexion (Laces up)</p>
<p>Session: 8 x 3 minutes. Reps 1,3,5,7, at 10k pace. Reps 2,4,6,8, @ 5k pace Recovery is 90 seconds.</p>	<p>Ok to walk the recoveries Aim for similar pace across the 5 reps ie not faster at the beginning of the session.</p>
Cool Down: 2 laps of the track	
<p>Timings:</p> <p>3:00 end of 1st rep 4:30 recovery 7:30 end of 2nd rep 9:00 recovery 12:00 end of 3rd rep 13:30 recovery 16:30 end of 4th rep 18:00 recovery 21:00 end of 5th rep 22:30 recovery 25:30 end of 6th rep 27:00 recovery 30:00 end of 7th rep 31:30 recovery 34:30 end of 8th rep 36:00 recovery</p>	