

Winter 2018



SA Road Runners Club Tuesday Night Speed Session

Meet at the Start mark of the Uni loop, McKinnon Pde, Nth Adelaide

Sessions consist of: 2.2 km warm up, 5 run-throughs, ~4-5 km of intervals and cool down (choose either 2.2 km or 1.2 km)

Bring a stop watch, particularly for time trials.

Date	Recovery Time	Speed Training Sessions
03-04-18	2:30	1600, 1200, 800, 400
10-04-18	2:30	2 x 800, 3 x 600, 5 x 200 hills
17-04-18	2:30	4 x 1000
24-04-18	2:30	2 x 1000, 2 x 600, 2 x 400
01-05-18	2:00	4 x 800, 1 x 400, 5 x 200 hills
08-05-18		5 km time trial
15-05-18	2:00	1200, 800, 400, 1000, 600, 400
22-05-18	2:00	2 x 1000, 3 x 400, 5 x 200 hills
29-05-18	2:00	2 x 1200, 2 x 800
05-06-18		2.2 km time trial, 800, 2 x 400
12-06-18	1:30	2 x 800, 2 x 600, 800, 2 x 400
19-06-18	1:30	2 x 800, 3 x 600, 5 x 200 hills
26-06-18	1:30	1000, 600, 400, 2 x 800, 2 x 400
03-07-18		5 km time trial
10-07-18	2:30	1200, 800, 400, 1000, 600, 400
17-07-18	2:30	4 x 800, 1 x 400, 5 x 200 hills
24-07-18	2:30	4 x 1000
31-07-18		2.2 km time trial, 1000, 600, 400
07-08-18	2:00	2 x 1000, 2 x 600, 2 x 400
14-08-18	2:00	2 x 1000, 3 x 400, 5 x 200 hills
21-08-18	2:00	2 x 1200, 2 x 800
28-08-18		5 km time trial
04-09-18	1:30	2 x 800, 2 x 600, 800, 2 x 400
11-09-18	1:30	2 x 800, 3 x 600, 5 x 200 hills
18-09-18	1:30	1000, 600, 400, 2 x 800, 2 x 400
25-09-18		2.2 km time trial, 800, 2 x 400

Warnings

Remember: over-exertion & inadequate fluid intake can be dangerous. Exercise within your within your capabilities. Bring a water bottle and drink regularly.

Note: runners participate entirely at their own risk

Contacts: Andreas (andreas.email@yahoo.com.au)
Andrew (avogler@outlook.com)



Scan to submit
time-trial results