

- Week 1 (ending 21 February) Warm up.
7 x 1 minute @ 8/10 effort.
Try to be consistent with your pace throughout the session.
Recovery of 1 minute between efforts.
Warm down with easy jogging followed by static stretching.
- Week 2 (ending 28 February) Warm up.
4 x 500 metres @ 7/10 pace.
Approximately 1min. 50 secs. - 2 mins. 10 secs. of effort.
Recovery up to 2 minutes between efforts.
Warm down 3 x 80 metres easy striding followed by static stretching.
- Week 3 (ending 7 March) Warm up.
300 metres @ 7.5/10; 200 metres @ 8.5/10; 100 metres @ 9/10. Complete 3 sets.
Jogging recovery between efforts; 2 minute recovery between sets.
Easy warm down and static stretching.
- Week 4 (ending 14 March) Warm up.
4/5 x 400 metres @ 7.5/10 pace. Approximately 80 - 105 seconds of effort.
Recovery 90 seconds.
Easy warm down and static stretching.
- Week 5 (ending 21 March) Warm up.
4 x 250 metres @ 8/10 pace. Approximately 50 - 60 secs. of effort.
Recovery 50 - 60 seconds between efforts.
4 x 200 metres @ 9/10. 32 - 45 seconds of effort.
Recovery 45 - 60 seconds between efforts.
Warm down with light easy jogging and static stretching.
- Week 6 (ending 28 March) Warm up.
600 metres @ 7/10 pace; 100 metres @ 9/10 pace.
Recovery 2 minutes between efforts.
500 metres @ 7.5/10 pace; 200 metres @ 8.5/10 pace.
Recovery 1 min. 45 secs. between efforts.
400 metres @ 7.5/10 pace; 300 metres @ 8/10 pace.
Recovery 1 min. 30 secs. between efforts.