

## Track training 17th may to 28th June 2010

<u>Date</u>	<u>workout</u>
-------------	----------------

<u>18th May</u>	6 x 3mins at threshold pace (85-92% hrmax)with 1 mins recovery.
-----------------	---

<u>25th May</u>	12 x 80 secs at interval pace(90-96% hrmax) with 1 min recovery.
-----------------	--

<u>1 st June</u>	time trial 5km
------------------	----------------

<u>8th June</u>	5 x 6mins at threshold pace (85-92% hrmax) with 2 mins recovery.
-----------------	--

<u>15th June</u>	8 x 80 secs at interval pace (90-96% hrmax) with 1 mins recovery,3 min rec ther
------------------	---

<u>22nd June</u>	8 x 80 secs at interval pace (90-96% hrmax) with 1 mins recovery.
------------------	---

<u>29th June</u>	12 x 35 sec at VO2 max pace(95-98% hrmax) 1 min rec
------------------	---

note: if race previous Sunday leave track session to Thursday.