Harrier track sessions September – December 2025

Week beginning	Tuesday	Thursday Speed development
1 st September	N sets of (800m [10kT] 200m roll on 400m [5kT]100m roll on) 3-5 minutes easy running between sets	N x 20 seconds fast (or 100m) with 200m jog recovery, with as many reps as possible until very fatigued
	4 x 80m strides focus on form	
8 th September	8-16 x 400m at 5k tempo w/200 rolling rec between RPE 6/7	N x 60 seconds fast (mile pace) (or 300m) with 2 min jog recovery, with as many reps as possible until very fatigued
15 th September	N sets of (500m [10kT] 200m roll on 200m [3kT]100m roll on) 1 minute easy running between sets 4 x 80m strides focus on form	2 sets of 30 seconds (or 150m), 60 seconds (or 300m), 30 seconds (or 150m) with double time recovery [mile pace or quicker]
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22 rd September Thornley Hall Farm CC Sat 27 th	4-6 x 800m at 5k tempo w/200 rolling rec RPE 6/7 4 x 80m strides focus on form	Mile time trial
29 th September	N x (1000 (each 1000: 400 @ 10,000, 200 @ 5,000, 200 @ 10,000, 200 @ 5,000) [400m r/o]) 4 x 80m strides focus on form	15 min. base-pace running 3 sets: of 6 × 40 seconds fast [3k/5K race pace] 20 sec. rest between efforts 3 min. set rest 15 min. base-pace running
6 th October Duridge Bay CC Sun 12 th	Ladder intervals: 2-3 x (6 min, 4 min, 2 min, 1 min) '10k – mile pace w/90 sec jog recovery 2 minutes between sets	2 sets of (4 x 30 seconds at mile pace w/90 seconds jog recovery) 400m – 800m easy jogging between sets
13 th October	8-16 x 400m at 5k tempo w/200 rolling rec between RPE 6/7	Warm up routine 2-3 sets of (10 x 80m 'max' greyhounds) 5 minutes between sets
20 th October Lambton Estate CC Sat 25 th	N sets of (500m [10kT] 200m roll on 200m [3kT]100m roll on) 1 minute easy running between sets 4 x 80m strides focus on form	Warm up routine 2 sets of 4 x 60 seconds at mile pace w/2 mins jog 5 minutes between sets
27 th October	4-6 x 800m at 5k tempo w/200 rolling rec RPE 6/7 4 x 80m strides focus on form	Mile time trial 10 minutes easy running warm up plus mobility etc Mile time trial 5 minutes easy running 6 x 80m strides focus on form 5 minutes easy running cool down
3 rd November	N x (1000 (each 1000: 400 @ 10,000, 200 @ 5,000, 200 @ 10,000, 200 @ 5,000) [400m r/o])	Warm up routine 2 sets of (5 x 45 seconds at mile pace w/2 minutes 15 seconds recovery) 5 minutes between sets

	4 x 80m strides focus on form	
10 th November	5 x 1000m at 5k pace w/200 rolling rec 4 x 80m strides focus on form	10 minutes easy running warm up 3 sets x (45 seconds – 90 seconds – 45 seconds at mile pace w/60 seconds jog recovery) 5 minutes easy running between sets) 5 minutes easy running cool down
17 th November Wrekenton CC Sun 23 rd	Down the Ladder 2 sets of (1200 – 1000 – 800 at 5k effort w/ half rep time recovery) 400m jog between sets 4 x 80m strides focus on form	10 minutes easy running warm up 2 sets of (4 x 60 seconds at mile pace w/2 minutes recovery) 5 minutes easy running between sets 5 minutes easy running cool down
24 th November	Up and Down the ladder 400m at mile pace 800m at 5k pace effort 1200m at 10k pace effort 1600m at 10k pace + 6 second per lap 1200m at 10k pace effort 800m at 5k pace effort 400m at mile pace 400m jog recovery between each effort.	10 minutes easy running warm up 2 sets of (4 x 150m at mile pace w/250m jog between) 5 minutes easy running between sets 5 minutes easy running cool down
1 st December	8-16 x 400m at 5k tempo w/200 rolling rec between RPE 6/7	10 minutes easy running warm up 5 x (45 seconds at mile pace w/45 seconds jog recovery) 5 minutes easy running 5 x (45 seconds at mile pace w/45 seconds jog recovery) 5 minutes easy running cool down
8 th December Sat 13 th NE Champs [tbc]	N x (1000 (each 1000: 400 @ 10,000, 200 @ 5,000, 200 @ 10,000, 200 @ 5,000) [400m r/o]) 4 x 80m strides focus on form	Warm up routine 2-3 sets of (10 x 80m 'max' greyhounds) 5 minutes between sets
15 th December	8 x (600m at 5k pace effort – jog 100m – stride 100m) w/200m – 400m rolling recovery 4 x 80m strides focus on form	10 minutes easy running warm up plus mobility etc Mile time trial 5 minutes easy running 6 x 80m strides focus on form 5 minutes easy running cool down
22 rd December	Ladder intervals: 2-3 x (6 min, 4 min, 2 min, 1 min) '10k – mile pace w/90 sec jog recovery 2 minutes between sets	Christmas Day
29 th December	5 x 1000m at 5k pace with 90 seconds recovery 4 x 80m strides focus on form	New Year's Day

Week beginning	Optional sessions
1 st September	10km Progression Run Start easy and build through the run with the final 5 minutes fast 15 minutes easy running
8 th September	15 minutes easy running 5-6 x (2 minutes CRISP with 1 minutes EASY between)

15 minutes easy running 22" September Thornley Hall Farm CC Sat 27" 15 minutes easy running 3 x (4 minutes CRISP 2 minutes EASY) 15 minutes easy running 29th September 15 minutes easy running 3 x (4 minutes CRISP 2 minutes EASY) 15 minutes easy running 29th September 15 minutes easy running 6th October Duridge Bay CC Sun 12" 15 minutes easy running 15 minutes easy running 15 minutes EASY 3 minutes EASY 5 minutes EASY 6 minutes EASY 7 minutes EASY 7 minutes EASY 8 minutes EASY 15 minutes easy running 17th November 15 minu		15 minutes easy running
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