

## Harrier track sessions September – December 2025

Week beginning	Tuesday	Thursday Speed development
1 <sup>st</sup> September	N sets of (800m [10kT] 200m roll on 400m [5kT] 100m roll on) 3-5 minutes easy running between sets 4 x 80m strides focus on form	N x 20 seconds fast (or 100m) with 200m jog recovery, with as many reps as possible until very fatigued
8 <sup>th</sup> 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 <sup>th</sup> 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] 5 minutes between sets
22 <sup>rd</sup> September Thornley Hall Farm CC Sat 27 <sup>th</sup>	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 <sup>th</sup> 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 x 40 seconds fast [3k/5K race pace] 20 sec. rest between efforts <i>3 min. set rest</i> 15 min. base-pace running
6 <sup>th</sup> October Duridge Bay CC Sun 12 <sup>th</sup>	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 <sup>th</sup> 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 <sup>th</sup> October Lambton Estate CC Sat 25 <sup>th</sup>	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 <sup>th</sup> 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 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> November Wrekenton CC Sun 23 <sup>rd</sup>	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 <sup>th</sup> 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 <sup>st</sup> 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 <sup>th</sup> December Sat 13 <sup>th</sup> 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 <sup>th</sup> 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 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>st</sup> September	10km Progression Run Start easy and build through the run with the final 5 minutes fast 15 minutes easy running
8 <sup>th</sup> September	15 minutes easy running 5-6 x (2 minutes CRISP with 1 minutes EASY between)

	15 minutes easy running
15 <sup>th</sup> September	15 minutes easy running 3k – 6k somewhat hard RPE 5/6 15 minutes easy running
22 <sup>rd</sup> September Thornley Hall Farm CC Sat 27 <sup>th</sup>	15 minutes easy running 3 x (4 minutes CRISP 2 minutes EASY) 15 minutes easy running
29 <sup>th</sup> September	15 minutes easy running N x 1000m CRISP with equal run time recovery) 15 minutes easy running
6 <sup>th</sup> October Duridge Bay CC Sun 12 <sup>th</sup>	15 minutes easy running 5 minutes CRISP 3 minutes Easy 5 minutes Crisp 15 minutes easy running
13 <sup>th</sup> October	15 minutes easy running 3k – 6k somewhat hard RPE 5/6 15 minutes easy running
20 <sup>th</sup> October Lambton Estate CC Sat 25 <sup>th</sup>	15 minutes easy running 3 x (8 minutes CRISP 4 minutes easy between) 15 minutes easy running
27 <sup>th</sup> October	10km Progression Run Start easy and build through the run with the final 10 minutes at 10k pace 15 minutes easy running
3 <sup>rd</sup> November	15 minutes easy running 3 x (9 minutes CRISP 5 minutes easy between) 15 minutes easy running
10 <sup>th</sup> November	15 minutes easy running N x 1000m CRISP with equal run time recovery) 15 minutes easy running
17 <sup>th</sup> November Wrekenton CC Sun 23 <sup>rd</sup>	15 minutes easy running 3x (10 minutes CRISP 5 minutes easy between) 15 minutes easy running
24 <sup>th</sup> November	10km Progression Run Start easy and build through the run with the final 20 minutes at 10k pace 15 minutes easy running
1 <sup>st</sup> December	15 minutes easy running 12 minutes CRISP 6 minutes Easy 12 minutes Crisp 15 minutes easy running
8 <sup>th</sup> December Sat 13 <sup>th</sup> NE Champs [tbc]	15 minutes easy running N x 1000m CRISP with equal run time recovery) 15 minutes easy running
15 <sup>th</sup> December	15 minutes easy running 3k – 6k somewhat hard RPE 5/6 15 minutes easy running
22 <sup>rd</sup> December	
29 <sup>th</sup> December	