

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 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 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] 5 minutes between sets
22 nd 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 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 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