

Wymondham Athletic Club Monday Night Training Groups

Date	17-8-09	24/8/09	31/8/09	07-9-09	14/9/09	21/9/09	28/9/09	05/10/09	12-10-09
Advanced Group Andy Preston Lead coach	5 Mins X3 with 2 Mins Rec 2.5 Mins X3 with 1 Min Rec	6 mins X 4 with 2.5 min Recovery	1.5 mins X 14 with 30 Eec Recovery	2 Mins X12 with 40 Sec Recovery	2.5 Mins x 10 with 50 Sec Recovery	3 Mins X 8 with 1 Min Rec			
Experienced Group 1 Ron Marsh Lead Coach	Country Speed Work	5k Time Trial	B/H	1 Mile Loop	Fartlek	Vo2 Max	800 Loops	Endurance	Kenyon Hills
Experienced Group 2 Kim Reader Lead Coach	Dave Dysart Session TBC	Roy Harvey Deep Lane – Hills	B/H	Roy Harvey 3-2-1 session x 4	TBC Pyramid 3- 6-3 x 2	TBC Tempo Run then 4x 1min	TBC 1 min efforts x 16		
Beginners Group Paul Wightman Lead Coach	Nice N Easy Run	Nice N Easy Run	B/H	Nice N Easy Run	Nice N Easy Run	Nice N Easy Run	Nice N Easy Run	5 Mile Club Timed Race	Nice N Easy Run

REC = Recovery