

Wymondham AC

Rotating 4 week schedule for beginners

(devised by Tracy Stevens – level 1)

Week	Session	Coaches
Week 1 Intervals	10 minutes warm-up (easy) to (opp Spinks Lane/Norwich Common) stretch, then 5 x 800m or 3-mins fast pace with 400m or 3-4 min jog recoveries, then 10 minutes cool-down back to club (easy)	
Week 2 Hills	Approx 1.5 mile warm-up (easy) to Chandlers Hill (stretch) 6x max effort up hill, jog recovery down. Easy pace jog recovery to Pople Street. Gradual acceleration to max effort to top of long hill (Hewitts Lane). Easy jog recovery back to club.	
Week 3 Fartlek	10 mins easy warm up (to Melton Road via cross country route), stretch, then 20 mins fartlek (free-form fast and slow paced running around country lanes). 10 mins recovery jog back to club.	
Week 4 Tempo	Approximately 5 miles even paced running. Keep pace steady during session and use good variable terrain. If feeling good (?), pick up pace toward end and finish strong.	