

Neil's Middle/Long Distance group - Track sessions for April, May & June 2025

The following are 'proposed' sessions and might vary depending on the weather, track conditions, Swindon Town fixtures etc.

Tue 18/03/2025: 15 * 400m, with 40 seconds recovery off somebody in the middle of the group.

Tue 25/03/2025: 17 * 300m, with 40 seconds recovery off somebody in the middle of the group.

Tue 01/04/2025: 5 * 600m, starting an effort every 3½ minutes, 5 * 200m, starting an effort every 75seconds, with 6 minutes recovery between sets.

19:45: Swindon Town v AFC Wimbledon (League 2).

Tue 08/04/2025: 8 * 400m with 2 minutes recovery off the lead runner, 4 * 200m with 1 minute recovery off the lead runner, with 6 minutes recovery between sets..

Tue 15/04/2025: 12 * 300m with 2 minutes recovery off the lead runner.

Tue 22/04/2025: 6 sets of (800m @ 5k race pace + 200m - faster), with 1 minute between efforts (off somebody in the middle of the group) and 3 minutes between sets.

Tue 29/04/2025: 5 * 600m, starting an effort every 3½ minutes, 5 * 200m, starting an effort every 75seconds, with 6 minutes recovery between sets.

Tue 06/05/2025: 4 * 400m, 4 * 200m (increased pace), 4 * 400m, 4 * 200m (increased pace), with 1 minute recovery (off somebody in the middle of the group) between all 16 efforts.

Tue 13/05/2025: 10 * 300m with 2½ minutes recovery off the lead runner.

Tue 20/05/2025: 4 * 500m + 4 * 400m + 4 * 300m + 4 * 200m, with 1 minute recovery (off somebody in the middle of the group) for all efforts and 4 minutes between sets.

Tue 27/05/2025: 6 sets of (800m @ 5k race pace + 200m - faster), with 1 minute between efforts (off somebody in the middle of the group) and 3 minutes between sets.

Tue 03/06/2025: 4 * 400m, 4 * 200m (increased pace), 4 * 400m, 4 * 200m (increased pace), with 1 minute recovery (off somebody in the middle of the group) between all 16 efforts.

Tue 10/06/2025: 4 sets of 500m + 300m, with 1½ minutes between efforts (off middle of group) and 4 minutes between sets.

Tue 17/06/2025: 8 * 300m with 3 minutes recovery off the lead runner.

Tue 24/06/2025: 4 * 500m + 4 * 400m + 4 * 300m + 4 * 200m, with 1 minute recovery (off somebody in the middle of the group) for all efforts and 4 minutes between sets.

Tue 01/07/2025: 6 sets of 300m (fast) + 200m (faster) off 1 minute (off middle of group), with 3 minutes between sets.