

**Neil's Middle/Long Distance group - Track sessions for July,  
August & September 2025**

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

***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.

**N.B. Neil will be away this week, so someone else will be asked to take the session.**

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

**N.B. Neil will be away this week, so someone else will be asked to take the session.**

***Tue 08/07/2025:*** 8 \* 300m off 3 minutes (off middle of group).

***Tue 15/07/2025:*** 4 \* 500m + 4 \* 400m + 4 \* 300m + 4 \* 200m, with 1 minute recovery (off middle of the group) for all efforts and 4 minutes between sets.

***Tue 22/07/2025:*** 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 29/07/2025:*** 5 \* 600m, off 3 minutes (off somebody in the middle of the group), 5 \* 200m, off 90s (off somebody in the middle of the group), with 6 minutes recovery between sets.

***Tue 05/08/2025:*** 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 12/08/2025:*** 4 sets of 500m + 300m, with 1½ minutes between efforts (off middle of group) and 4 minutes between sets.

***Tue 19/08/2025:*** 6 sets of 300m (fast) + 200m (faster) off 1 minute (off middle of group), with 3 minutes between sets.

***Tue 26/08/2025:*** 8 \* 300m off 3 minutes (off middle of group).

***Tue 02/09/2025:*** 6 \* approx. 800m around County Ground off 3 minutes (off middle of group).

***Tue 09/09/2025:*** 4 \* approx. 1200m around County Ground off 4 minutes (off middle of group).

**N.B. Neil will be away this week, so someone else will be asked to take the session.**

***Tue 16/09/2025:*** 3 \* approx. 1500m around County Ground off 5 minutes (off middle of group).

***Tue 23/09/2025:*** 6 \* approx. 800m around County Ground off 3 minutes (off middle of group).

***Tue 30/09/2025:*** “Whistle Stop” session.

***Tue 06/10/2025:*** 11 \* 500m, with 80 seconds recovery, off somebody in the middle of the group.