

## **Neil's Middle/Long Distance group - Track sessions for October, November & December 2025**

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

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

**Tue 30/09/2025:** 5 \* 500m + 5 \* 400m + 5 \* 200m, all at 5k race pace, with 90s between efforts and 3 minutes between sets, off somebody in the middle of the group.

**Tue 07/10/2025:** 11 \* 500m, with 80 seconds recovery, off somebody in the middle of the group.

**Tue 14/10/2025:** 12 \* 400m, with 70 seconds recovery off somebody in the middle of the group.

**Tue 21/10/2025:** 17 \* 300m, with 60 seconds recovery off somebody in the middle of the group.

**Tue 28/10/2025:** 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.

**19:00: Swindon Town v West Ham United U21 (EFL Trophy).**

**Tue 04/11/2025:** 11 \* 500m, with 70 seconds recovery, off somebody in the middle of the group.

**Tue 11/11/2025:** 13 \* 400m, with 60 seconds recovery off somebody in the middle of the group.

**Tue 18/11/2025:** 17 \* 300m, with 50 seconds recovery off somebody in the middle of the group.

**Tue 25/11/2025:** 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 02/12/2025:** 14 \* 400m, with 50 seconds recovery, off somebody in the middle of the group.

**Tue 09/12/2025:** 11 \* 500m, with 60 seconds recovery, off somebody in the middle of the group.

**19:45: Swindon Town v Cheltenham Town (League 2).**

**Tue 16/12/2025:** 17 \* 300m, with 40 seconds recovery, off somebody in the middle of the group.

**Tue 23/12/2025:** 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 30/12/2025:** 5 \* 500m + 5 \* 400m + 5 \* 200m, all at 5k race pace, with 70s between efforts and 3 minutes between sets, off somebody in the middle of the group.

**Neil may be away this evening, in which case someone else will be asked to take the session.**

**Tue 06/01/2026:** 11 \* 500m, with 50 seconds recovery, off somebody in the middle of the group.