



DVAC Winter Training Rob/Gary Group

June

Week	Tuesday	Thursday	Comments
June 1-7	Pyramid 100-2-3-4-5-6-7-800-7-6-5- 4-3-2-100 @ Tempo and 100/200 Jog recovery	Tempo 5K	Fundraising at Albert Park at Schools Road Relays
June 8-14	Threshold Training 5 * 300 / 5 * 600 100 and 200 recovery	20 Lapper @ Tempo pace	Club Training Run at Fernie Creek
June 15-21	Long Pyramid 500/1/1500/1/500 @Tempo Pace	Threshold 8 * 200 / 8 * 400 100/200 jog recovery with 400 walk between the sets	4th AV Race: 15K Road race at lake Wendouree
June 22-28	Anaerobic Sustained 7 * 800 @ 'Marathon' Pace with same time recovery	Tempo 5K	Club Training run at Diamond Creek trail.