



DVAC Winter Training Rob/Gary Group

May

Week	Tuesday	Thursday	Comments
May 3-9	Step Up Session 4 1200's with 100/200/300/400 all out finish 400 mtr recovery	Float 8*400/200 @ 90/100 or 110/120	2 nd AV Race: Lardner Park 8K for Men and 4K for Women
May 10-16	2*1600 Tempo + 4 * 200 5 Min recovery between the 1600's, same pace for the others with 100 recovery	Hill Work 4 Short , 6 Long, 4 Short	Club Race: Binnak Bowl. 5K Handicap
May 17-23	Anaerobic Sustained 6 * 800 @ 'Marathon' Pace with same time recovery	Anaerobic Endurance 8 * 600 Mtrs in blocks of 2:45 or 3:00	Joint event with DVLAC, usually a 3K
May 24-30	Change of Pace 6 * 300 (60Secs) + 4 * 1100 Mtrs (800 @ Tempo and 300 @60Secs) with 2 Mins recovery (Jog)	Rhythm Km 4 of them with each 5 seconds faster start at Tempo Pace	3 rd AV Race: 10K Road race at Sandown