



## DVAC Winter Training Rob/Gary Group

### September

Week	Tuesday	Thursday	Comments
<b>Aug 30-5</b>	Simon Field session nr 2. 400/300/200 with 20sec recovery 400 mtr recovery between the 5 sets	Threshold 10 * 300 / 10 * 600 300 quicker, 600 in Tempo	<b>Burnley Half</b>
<b>Sep 6-12</b>	Pyramid 400/8/12/1600/12/8/400 with 200 recovery Tempo	Anaerobic Sustained 10 * 800 @ 'Marathon' Pace with same time recovery	<b>Club Run Willinda South</b>
<b>Sep 13-19</b>	Anaerobic Endurance 7 * 1 Km at Tempo 3 Minute recovery	Simon Field session nr 1. 2k/800/1200/2k/800/1200/2k with 90sec recovery 50 mtr recovery between the 8/12	<b>Tan Relays</b>
<b>Sep 20-26</b>	400s + Pyramid 12 * 400 mtr + Small Pyramid of 100-200-300-600 and down.	Anaerobic Sustained 12 * 600 @ 'Marathon' Pace with same time recovery	