

ANDOVER TRIATHLON CLUB

Run sessions

The following run sessions are designed to be completed on a football pitch / similarly sized rectangular area. They could of course be adapted to be run on an athletics track if this is more convenient.

The aim of these sessions would be to develop racing speed over shorter runs such as 5k – 10k. These are obviously typical distances for sprint – Olympic distance triathlons.

Persons following this advice do so entirely at their own risk. Andover Triathlon Club / the author accepts no responsibility for any injury / accidents as a result of this advice. It is purely intended as a guide to be used / adapted to meet your own needs.

SESSION 1

WARM UP (3/4 MILE JOG & STRETCH)

4 X ½ LAP (1/2 WAY LINE WALK RECOVERY)
2 X 1 LAP (1/2 LAP WALK RECOVERY)
1 X 2 LAP (1/2 LAP WALK RECOVERY)
2 X 1 LAP (1/2 LAP WALK RECOVERY)
4 X ½ LAP (1/2 WAY LINE WALK RECOVERY)

COOL DOWN & STRETCH

SESSION 2

WARM UP (3/4 MILE JOG & STRETCH)

3 X ½ PITCH FAST PACE WITH SLOW JOG RECOVERY ACROSS ½ WAY LINE, 1 MIN REST

X 3 SETS

COOL DOWN & STRETCH