



Sheffield Running Club

Tuesday nights Summer Training 2020

Date	Session
31 March 2020	MediumPyramid:1000/1200/1500/1200/1000 (2 min recovery)
7 April 2020	5 x 1000m (2 min recovery)
14 April 2020	4 x 1200m (2 min recovery)
21 April 2020	4 x 1500m (2 min recovery)
28 April 2020	Small Pyramid: 500/1200/1500/1200/500 (2 min recovery)
5 May 2020	3 sets (1 min/2 min/1 min/2 min) (1 min recovery between efforts/2 min recovery between sets)
12 May 2020	5 x 1000m (2 min recovery)
19 May 2020	4 x 1200m (2 min recovery)
26 May 2020	4 x 1500m (2 min recovery)
2 June 2020	Small Pyramid: 500/1200/1500/1200/500 (2 min recovery)
9 June 2020	5 x 1000m (2 min recovery)
16 June 2020	4 x 1200m (2 min recovery)
23 June 2020	4 x 1500m (2 min recovery)
30 June 2020	3 sets (1 min/2 min/1 min/2 min) (1 min recovery between efforts/2 min recovery between sets)
7 July 2020	Small Pyramid: 500/1200/1500/1200/500 (2 min recovery)
14 July 2020	5 x 1000m (2 min recovery)
21 July 2020	4 x 1200m (2 min recovery)
28 July 2020	4 x 1500m (2 min recovery)
4 August 2020	Small Pyramid: 500/1200/1500/1200/500 (2 min recovery)
11 August 2020	3 sets (1 min/2 min/1 min/2 min) (1 min recovery between efforts/2 min recovery between sets)
18 August 2020	5 x 1000m (2 min recovery)
25 August 2020	4 x 1200m (2 min recovery)
1 September 2020	4 x 1500m (2 min recovery)
8 September 2020	Small Pyramid: 500/1200/1500/1200/500 (2 min recovery)
15 September 2020	5 x 1000m (2 min recovery)
22 September 2020	4 x 1200m (2 min recovery)
29 September 2020	4 x 1500m (2 min recovery)
6 October 2020	MediumPyramid:1000/1200/1500/1200/1000 (2 min recovery)