

Riverside Runners : Perpetual Speedwork Calendar

16	17 Apr 2012	5 x 1Km @ 5km race pace with 3mins recovery
17	24 Apr 2012	2 x sets 6 X 1½mins with 45sec recovery + 3mins between sets
18	01 May 2012	4 x 4mins @ 5km race pace with 2min recovery
19	08 May 2012	2 x sets 12 x 30secs @ 5K race pace with 30secs jog 3mins between sets
20	15 May 2012	3 x sets 3 x 400m @ 10K race pace with 400m @ Marathon race pace between each + 3mins between sets
21	22 May 2012	2 x sets 3 x 3mins @ 5K race pace with 1min recovery 3mins between sets
22	29 May 2012	5 x 1Km @ 5K race pace with 3mins recovery
23	05 Jun 2012	12 x 1½mins with 45secs recovery
24	12 Jun 2012	3 x sets 4 x400m @ 10K race pace with 400m @ marathon race pace recovery + 3mins between sets
25	19 Jun 2012	1 x 6mins with 3min recovery, 8 x 1min with 1min recovery, 1 x 6mins
26	26 Jun 2012	6 x 800m @ 5K race pace with 200m walk (3mins)
27	03 Jul 2012	3 x sets 4 x 400m @ 5km race pace with 1min recovery + 3mins between sets
28	10 Jul 2012	5 x 2mins out and back @ 10km race pace i.e. 4mins with 2min recovery
29	17 Jul 2012	3 x sets 1, 2, 3mins with 1min recovery + 3mins between sets
30	24 Jul 2012	2 x sets 12 x 40secs @ 5km race pace with 20secs recovery + 3mins between sets
31	31 Jul 2012	4 x 1mile @ 10km race pace with 3mins recovery
32	07 Aug 2012	2 x sets 5 x 2mins @ 5km race pace with 1min recovery and 3mins between sets
33	14 Aug 2012	15 x 300m with 100m walk recovery
34	21 Aug 2012	1 x 8mins with 4mins recovery, 8 x 1min with 1min recovery, 1 x 8mins
35	28 Aug 2012	8 x 800m @ 5km race pace with 2mins recovery
36	04 Sep 2012	1 x 5mins, 2 x 4mins, 3 x 3mins, ½ time recovery
37	11 Sep 2012	15 x 400m @ 5km race pace with 1 min recovery