

2017-18 TRACK TRAINING PROGRAM

Week beginning	Major Event	The Haven Grass
05 Mar 17		5000m striding 100m and jogging 100m
12 Mar 17	Six Foot Track (11 Mar 17)	200,400,600,800,1000,800,600,400,200 (1min jog)
19 Mar 17		3 X 5 X 300 (100m jog, 500m jog)
26 Mar 17		3 X 5 X 200 (200m jog, 600m jog)
02 Apr 17		5000m striding 100m and jogging 100m
09 Apr 17	Canberra Marathon (09 Apr 17)	3 X 1600 (2min jog)
16 Apr 17		5 X 1000 (2min jog)
23 Apr 17		400,800,1200,1600,1200,800,400 (1min jog)
30 Apr 17		7 X 800 (1min jog)
07 May 17		8 X 600 (1min jog)
14 May 17		2 X 5 X 400 (1min jog, 400m jog)
21 May 17	SMH Half Marathon (21 May 17)	200,400,600,800,1000,800,600,400,200 (1min jog)
28 May 17		3 X 5 X 300 (100m jog, 500m jog)
04 Jun 17		3 X 5 X 200 (200m jog, 600m jog)
11 Jun 17	Macleay River (11 Jun 17)	5000m striding 100m and jogging 100m
18 Jun 17	Bay to Bay (18 Jun 17)	3 X 1600 (2min jog)
25 Jun 17	Woodford to Glenbrook (25 Jun 17)	4 X 1200 (2min jog)
02 Jul 17	Gold Coast Marathon (02 Jul 17)	5 X 1000 (2min jog)
09 Jul 17		400,800,1200,1600,1200,800,400 (1min jog)
16 Jul 17		Christmas in July Paarlauf Relay
23 Jul 17		8 X 600 (1min jog)
30 Jul 17		2 X 5 X 400 (1min jog, 400m jog)
06 Aug 17		200,400,600,800,1000,800,600,400,200 (1min jog)
13 Aug 17	City to Surf (13 Aug 17)	8 X 600 (1min jog)
20 Aug 17		3 X 5 X 300 (100m jog, 500m jog)
27 Aug 17	Lake Macquarie Half (27 Aug 17)	3 X 5 X 200 (200m jog, 600m jog)
03 Sep 17		5000m striding 100m and jogging 100m
10 Sep 17	GNW100s (09/10 Sep 17)	5 X 1000 (2min jog)
17 Sep 17	Blackmores Marathon (17 Sep 17)	7 X 800 (1min jog)
24 Sep 17		2 X 5 X 400 (1min jog, 400m jog)
01 Oct 17		3 X 5 X 300 (100m jog, 500m jog)
08 Oct 17		5000m striding 100m and jogging 100m
15 Oct 17	Melbourne Marathon (15 Oct 17)	3 X 1600 (2min jog)
22 Oct 17		400,800,1200,1600,1200,800,400 (1min jog)
29 Oct 17		7 X 800 (1min jog)
05 Nov 17		8 X 600 (1min jog)
12 Nov 17		2 X 5 X 400 (1min jog, 400m jog)
19 Nov 17		200,400,600,800,1000,800,600,400,200 (1min jog)
26 Nov 17	Central Coast Half (26 Nov 17)	7 X 800 (1min jog)
03 Dec 17		8 X 600 (1min jog)
10 Dec 17		2 X 5 X 400 (1min jog, 400m jog)
17 Dec 17		Paarlauf Relay
24 Dec 17		3 X 5 X 200 (200m jog, 600m jog)
31 Dec 17		5000m striding 100m and jogging 100m

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Week beginning	Major Event	The Haven Grass
07 Jan 18	Round the Bay (07 Jan 18)	3 X 1600 (2min jog)
14 Jan 18	Hobart Marathon (14 Jan 18?)	5 X 1000 (2min jog)
21 Jan 18		400,800,1200,1600,1200,800,400 (1min jog)
28 Jan 18		7 X 800 (1min jog)
04 Feb 18		8 X 600 (1min jog)
11 Feb 18		2 X 5 X 400 (1min jog, 400m jog)
18 Feb 18		3 X 5 X 300 (100m jog, 500m jog)
25 Feb 18		3 X 5 X 200 (200m jog, 600m jog)
04 Mar 18		5000m striding 100m and jogging 100m
11 Mar 18	Six Foot Track (10 Mar 18)	200,400,600,800,1000,800,600,400,200 (1min jog)
18 Mar 18		3 X 5 X 300 (100m jog, 500m jog)
25 Mar 18		3 X 5 X 200 (200m jog, 600m jog)
01 Apr 18		5000m striding 100m and jogging 100m
08 Apr 18	Canberra Marathon (08 Apr 18)	3 X 1600 (2min jog)