

## 2020 TRACK TRAINING PROGRAM

Thursday sessions start at 6:00am Terrigal Haven. There is usually a group leaving Terrigal Surf Club carpark at 5:30am for a warmup jog to Wamberal Surf Club and then back to The Haven.

Date (Thursday)	Major Event	The Haven Grass
2 Jan 20		3 X 5 X 200 (200m jog, 600m jog)
9 Jan 20	Round the Bay (5 Jan 20)	5000m striding 100m and jogging 100m
16 Jan 20	Hobart Marathon (12 Jan 20)	5 X 1000 (2min jog)
23 Jan 20		400,800,1200,1600,1200,800,400 (1min jog)
30 Jan 20		7 X 800 (1min jog)
6 Feb 20		8 X 600 (1min jog)
13 Feb 20		200,400,600,800,1000,800,600,400,200 (1min jog)
20 Feb 20		2 X 5 X 400 (1min jog, 400m jog)
27 Feb 20		3 X 5 X 300 (100m jog, 500m jog)
5 Mar 20		3 X 5 X 200 (200m jog, 600m jog)
12 Mar 20		5000m striding 100m and jogging 100m
19 Mar 20	Six Foot Track (14 Mar 20)	2 X 5 X 400 (1min jog, 400m jog)
26 Mar 20		3 X 5 X 300 (100m jog, 500m jog)
2 Apr 20		The Chase
9 Apr 20		5000m striding 100m and jogging 100m
16 Apr 20	Canberra Marathon (12 Apr 20)	3 X 1600 (2min jog)
23 Apr 20		4 X 1200 (2min jog)
30 Apr 20		5 X 1000 (2min jog)
7 May 20		400,800,1200,1600,1200,800,400 (1min jog)
14 May 20		7 X 800 (1min jog)
21 May 20		8 X 600 (1min jog)
28 May 20		2 X 5 X 400 (1min jog, 400m jog)
4 Jun 20		200,400,600,800,1000,800,600,400,200 (1min jog)
11 Jun 20		3 X 5 X 300 (100m jog, 500m jog)
18 Jun 20		3 X 5 X 200 (200m jog, 600m jog)
25 Jun 20		12 X 150 (2min jog)
2 Jul 20	Gold Coast Marathon (5 July 20)	5000m striding 100m and jogging 100m
9 Jul 20		7 X 800 (1min jog)
16 Jul 20		2 X 5 X 400 (1min jog, 400m jog)
23 Jul 20		Christmas in July Paarlau Relay
30 Jul 20		3 X 5 X 300 (100m jog, 500m jog)
6 Aug 20	City2Surf (9 Aug 20)	5000m striding 100m and jogging 100m
13 Aug 20		3 X 1600 (2min jog)
20 Aug 20		400,800,1200,1600,1200,800,400 (1min jog)
27 Aug 20		7 X 800 (1min jog)
3 Sep 20		8 X 600 (1min jog)
10 Sep 20	GNW (12 Sep 20)	2 X 5 X 400 (1min jog, 400m jog)
17 Sep 20	Sydney Marathon (20 Sep 20)	200,400,600,800,1000,800,600,400,200 (1min jog)
24 Sep 20		7 X 800 (1min jog)
1 Oct 20		8 X 600 (1min jog)
8 Oct 20		2 X 5 X 400 (1min jog, 400m jog)

15 Oct 20		200,400,600,800,1000,800,600,400,200 (1min jog)
22 Oct 20		The Chase
29 Oct 20		3 X 5 X 200 (200m jog, 600m jog)
5 Nov 20		12 X 150 (2min jog)
12 Nov 20		5000m striding 100m and jogging 100m
19 Nov 20		7 X 800 (1min jog)
26 Nov 20		2 X 5 X 400 (1min jog, 400m jog)
3 Dec 20		3 X 5 X 300 (100m jog, 500m jog)
10 Dec 20		5000m striding 100m and jogging 100m
17 Dec 20		3 X 1600 (2min jog)
24 Dec 20		Paarlauf Relay
31 Dec 20		400,800,1200,1600,1200,800,400 (1min jog)