

Simple Fartlek: 400m, sprinting the home straight. If it's your first session back, start with 3 reps of 3 laps. Up it to 3 reps of 4 laps, then 4 laps of 3, before (hopefully) doing 4 laps of 4 in the first week of February. You should be aiming to do your back straight at no less than 90% every time, so the 300m should be at a distinctly different pace.