

Below are a number of fun track sessions! Mix up the rests and number of reps, to suit your fitness.

THE 150 CLOCK

Starting with 100m, then increase by 10m to 150m and return to 100m. Recovery is 90sec between each run. You will feel the lactic start to build on the up, and then you have to dig deep on the way back down!

MIXED MILE

Run 100m, Jog 50m, Run 150m and jog 100m. Do this 4 times consecutively for one rep. Take a good ten minutes and try it again (and again).

200 SPEED ENDURANCE

Start with 200m then reduce by 10m to 100m. Take 3mins between each run. Either run this flat out for each and see how far you get or hold some and follow with a circuit.

6 x 180m SPEED ENDURANCE

With a 3minute rest between, try and run each below your best 200m time.

THE QUICK STEP QUICKY

Run for 40sec and have a recovery jog for 20sec. Repeat this for 15 minutes. If repeated regularly, this produces a 11% increase in your VO2 Max.

THE MARQUIS DE SADE

Run and Jog 400m, Run and then Jog 300m, Run and then Jog 200m, Run and then Jog 100m. Do this 3 times... this hurts... a lot!

30m PYRAMID

30m, 60m, 90m, 120, 150m, 120m, 90m, 60m, 30m. 2minute rest between. This is quite easy but good for form and power.

6-5-4-3-2-1

600m with 3min rest, 500m with 2.5min, 400m with 2min, 300m with 1.5min, 200m with 1min then 100m. You can throw in a 50m at the end for fun if you like!