

<u>Tonbridge AC Senior Group and Masters Training - July 2026</u>					
Date	Day	Sub T Marathon Sessions	Main Session	Training Site	
02/07/2026	Thursday	8 x 1k, 1' recovery	1200 Tempo - 8-12 x 400 2 person relay	Pump House	
07/07/2026	Tuesday	4-6 x 2k, 1' recovery	Structured Fartlek - 3 sets (30 mins), 4 sets (40 Mins) or 5 sets (50mins) of x 3' fast, 2' Float, 2' Fast, 1' Float, 1' Fast, 1' Float	Far Field	
09/07/2026	Thursday	8 x 1k, 1' recovery	1600/1200 Tempo - 400/1'/200/1'/200/5' x 3/4	Track	
14/07/2026	Tuesday	4-6 x mile reps, 1' recovery	Pace Control - 10'/8'/6' out and back - 2' recovery plus 4-8 x Oast Hills (or speed work)	Bungalow Field	
16/07/2026	Thursday	8 x 1k, 1' recovery	6-8 x 500 with change of pace (pot luck)	Hockey Field	
21/07/2026	Tuesday	16-24 x 400, 30-45" recovery	1600, 1200, 2 x 800, 4 x 400, 2' jog recovery	Pump House	
23/07/2026	Thursday	8 x 1k, 1' recovery	6-8 x 1000m reps every 5, 6, 7 mins	Middle Field	
28/07/2026	Tuesday	4-6 x mile reps, 1' recovery	3-5 x mile reps off set time - groups off 7 mins, 8 mins, 9 mins, 11 mins	Far Field	
30/07/2026	Thursday	5-6 x 1200, 1' recovery	200/400/800/1200/1200/800/400/200, 90" recovery	Bungalow Field	
<u>Summer Training on the Fields - meet at session location - 6.30 prompt warm up start</u>					