

Tonbridge AC Senior Group and Masters Training - August 2026

Date	Day	Sub T Marathon Sessions	Main Session	Training Site	
04/08/2026	Tuesday	3-5 x 2400, 1-2 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	Middle Field	
06/08/2026	Thursday	8 x 1k, 1' recovery	8-16 x 400m reps, 1' recovery - start every 2'15", 2'30", 2'45" or 3'00" Plus 300/200/100 x 2	Track	
11/08/2026	Tuesday	4-6 x 2k, 1' recovery	1500 Tempo, 8-12 x 500 Relay	Hockey Field	
13/08/2026	Thursday	8 x 1k, 1' recovery	1600, 1200, 2 x 800, 4 x 400, 2' jog recovery	Pump House	
18/08/2026	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	
20/08/2026	Thursday	8 x 1k, 1' recovery	6-12 x 300, 100 jog recovery, 300/200/100 x 2	Track	
25/08/2026	Tuesday	2 x 5k, 1-2' recovery	Meet at Pavillion - warm up to Leigh, 5k TT to Leigh Green and back, 3-6 x short hills at Powder Mills	Leigh Time Trial	
27/08/2026	Thursday	5-6 x 1200, 1' recovery	3-4 x breakdown mile reps - 800, 400, 200, 200 with 1 min recovery, 3 mins between sets	Hockey Field	

Summer Training on the Fields - meet at session location - 6.30 prompt warm up start