



## **RICHMOND HARRIERS THURSDAY INTERVAL SESSIONS**

The Richmond Harriers Thursday interval sessions are aimed at meeting a range of needs for runners including those new to running and for those wishing to achieve specific goals. They are a great way to introduce some speed into your winter running program. The session usually involves around 20-24 minutes of relatively hard effort intervals and recovery. Occasionally we head for a dinner debrief on Swan Street afterwards too.

The sessions start at 6pm from the Tan and we meet at the bottom of Anderson street, Gate A. The sessions will generally cover a total of between 8 and 12 km including warm up, harder efforts and cool down. The session may consist of set times (eg. 60 seconds fast/60s recovery) or may be distance based (from 200m to 1000m effort) with recoveries depending on the level of effort and fitness of the group but generally around 50-100% of the hard effort time. There may be repeats or a ladder with the cumulative interval distance of hard effort aimed at between 3 and 5km depending on fitness levels and upcoming races.

Parking along Alexandra Avenue is relatively inexpensive and free from 6.30pm, but will require a ticket prior to 6.30pm. There is free parking in Anderson Street if available and there is also the option of securing bikes. There are toilets available at our meeting point and drink fountains around the Tan. We will always have at least one car available for securing valuables if required.

### **EXAMPLE INTERVAL SESSIONS**

10 x 2 min (1min. recovery) = 20 min. (85% - 90% effort)

4 x 1min, 4 x 2min, 4 x 1min = 16 min. (85% - 90% effort) (~ 5km pace)

3 x 3mins. 4 x 2mins. 5x 1min. = 22mins. (80% - 85% effort)

4 x 1km = 20-24min (Recovery 1 -2 minutes) (80% - 85% effort)

### **For Details of Sessions contact Pauline or Marianne:**

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