

2021 TRACK TRAINING PROGRAM

Thursday sessions start at 6:00am and are currently at Duffys Oval during summer and at Terrigal Haven throughout the rest of the year. There is usually a group leaving Terrigal Surf Club carpark at 5:30am for a warmup jog.

Date (Thursday)	Major Event	The Haven Grass
7 Jan 21		3 X 5 X 200 (200m jog, 600m jog)
14 Jan 21		7 X 800 (1min jog)
21 Jan 21		8 X 600 (1min jog)
28 Jan 21		200,400,600,800,1000,800,600,400,200 (1min jog)
4 Feb 21		2 X 5 X 400 (1min jog, 400m jog)
11 Feb 21		3 X 5 X 300 (100m jog, 500m jog)
18 Feb 21		3 X 5 X 200 (200m jog, 600m jog)
25 Feb 21		5000m striding 100m and jogging 100m
4 Mar 21		2 X 5 X 400 (1min jog, 400m jog)
11 Mar 21	Six Foot Track (13 Mar)	3 X 5 X 300 (100m jog, 500m jog)
18 Mar 21		The Chase
25 Mar 21		5000m striding 100m and jogging 100m
1 Apr 21		3 X 1600 (2min jog)
8 Apr 21	Canberra Marathon (11 Apr)	4 X 1200 (2min jog)
15 Apr 21		5 X 1000 (2min jog)
22 Apr 21		400,800,1200,1600,1200,800,400 (1min jog)
29 Apr 21		7 X 800 (1min jog)
6 May 21		8 X 600 (1min jog)
13 May 21		2 X 5 X 400 (1min jog, 400m jog)
20 May 21		200,400,600,800,1000,800,600,400,200 (1min jog)
27 May 21		3 X 5 X 300 (100m jog, 500m jog)
3 June 21		3 X 5 X 200 (200m jog, 600m jog)
10 June 21		12 X 150 (2min jog)
17 June 21	Bay2Bay (20 Jun)	5000m striding 100m and jogging 100m

24 June 21		7 X 800 (1min jog)
1 July 21	Gold Coast Marathon (4 July)	2 X 5 X 400 (1min jog, 400m jog)
8 July 21		3 X 5 X 300 (100m jog, 500m jog)
15 July 21		5000m striding 100m and jogging 100m
22 July 21		Christmas in July Paarlauf Relay
29 July 21		3 X 1600 (2min jog)
5 Aug 21	City2Surf (8 Aug)	400,800,1200,1600,1200,800,400 (1min jog)
12 Aug 21		7 X 800 (1min jog)
19 Aug 21		8 X 600 (1min jog)
26 Aug 21		2 X 5 X 400 (1min jog, 400m jog)
2 Sept 21		200,400,600,800,1000,800,600,400,200 (1min jog)
9 Sept 21	GNW (11 Sep)	7 X 800 (1min jog)
16 Sept 21	Sydney Marathon (20 Sep)	8 X 600 (1min jog)
23 Sept 21		2 X 5 X 400 (1min jog, 400m jog)
30 Sept 21		200,400,600,800,1000,800,600,400,200 (1min jog)
7 Oct 21	Melbourne Marathon (10 Oct)	8 X 600 (1min jog)
14 Oct 21		3 X 5 X 200 (200m jog, 600m jog)
21 Oct 21		12 X 150 (2min jog)
28 Oct 21		5000m striding 100m and jogging 100m
4 Nov 21		7 X 800 (1min jog)
11 Nov 21		2 X 5 X 400 (1min jog, 400m jog)
18 Nov 21		3 X 5 X 300 (100m jog, 500m jog)
25 Nov 21		5000m striding 100m and jogging 100m
2 Dec 21		3 X 1600 (2min jog)
9 Dec 21		Devil Takes the Hindmost
16 Dec 21		7 X 800 (1min jog)
23 Dec 21		Paarlauf Relay
30 Dec 21		8 X 600 (1min jog)