Track session – 1km reps for Ironman training

The key focus of this session is all about building sustained speed and running at tempo. Ultimately this will help with your race speed, efficiency and hopefully pace judgement

You can do this session at the track or round your local park as long as the distance is close enough to 400m (2.5 laps), 500m (2 laps) or 1km and that the loop is repeatable.

The key focus is keeping the pace consistent over all the repeats and the last lap should be similar to the fist providing you have not gone out too hard. Take splits for each rep and keep the times in your training diary so you can monitor long term progress.

**Warm up**

5mins easy jog round track – include cross over drill and step over drill – ask for a demo

2 laps I want you to steadily increase the pace on the straight (to a sprint) then recover on the bend. 2laps equals 4 accelerations.

1lap Easy recovery - On the straights I want some leg cross over rotation’s essential sideways running with one leg going in front and one leg going behind. Start facing outwards then half way turn so you are facing the inside of the track and essentially

1 lap easy

**Main set 4 - 6 times through – based on a 400m track,**

1km (2.5laps) Pace is just faster than ½ Ironman target run pace

1 lap easy jog Recovery easy 400m jog recovery. If you are using the park then you may need to mark the half way points of your loop

So repeat 4 -6 times. In the off season 4-6 times is fine and in the race season look to build this depending on the race distance you have

**Warm down**

2 laps easy jogging 1 lap to let the body settle then on second lap 10 lunges each leg on the straights. I would also add some cross over drills – side ways running with legs in front and then behind the body – if that makes sense

2 laps Easy jog recovery then stretch.