

# What Could I Do?

Some examples of sessions for Thursday Nights, and Sessions with a Friend.

Phase	Type	Example session:	What you should feel like immediately after each effort
1	Threshold	6 x 6 minute loops at threshold pace with 60 seconds rest	Fine! Can chat away immediately. Pretty much ready to go again!
	Resistance	Pyramid: 3,2,1,2,3 x3	Increasing level of fatigue as the set progresses but not too much so that it prevents you from executing the course.
	Lactic	5 x 5 minute efforts at maximal intensity with 5 minutes rest	Exhausted! Unable to partake in polite conversation immediately. Arms are burning! Absolutely no chance that you are going to do anything strenuous for a minute or two.
	Technique	The typical Tuesday session (focus, but not exclusively, on longer courses)	Elated! You are the superfinal champion!
2	Resistance	Pyramid: 3,2,1,2,3 x3	Increasing level of fatigue as the set progresses but not too much so that it prevents you from executing the course.
	Strength	4 sets of 4 x 30 second courses with 30 seconds of rest. 4 minutes of active recovery between sets.	Fine, you know you've done something but you are easily capable of doing more.
	Threshold	6 x 6 minute loops at threshold pace with 60 seconds rest	Fine! Can chat away immediately. Pretty much ready to go again!
	Lactic	5 x 5 minute efforts at maximal intensity with 5 minutes rest	Exhausted! Unable to partake in polite conversation immediately. Arms are burning! Absolutely no chance that you are going to do anything strenuous for a minute or two.
	Technique	The typical Tuesday session (mixed course length)	Elated! You are the superfinal champion!
3	Lactic	5 x 5 minute efforts at maximal intensity with 5 minutes rest	Exhausted! Unable to partake in polite conversation immediately. Arms are burning! Absolutely no chance that you are going to do anything strenuous for a minute or two.
	Resistance	Pyramid: 3,2,1,2,3 x3	Increasing level of fatigue as the set progresses but not too much so that it prevents you from executing the course.
	Strength	4 sets of 4 x 30 second courses with 30 seconds of rest. 4 minutes of active recovery between sets.	Fine, you know you've done something but you are easily capable of doing more.
	Technique	The typical Tuesday session (focus, but not exclusively, on shorter courses)	Elated! You are the superfinal champion!
4	Speed	Short explosive courses, plenty of rest	Good! Tired by satisfied, recovery will be quick.
	Technique	The typical Tuesday session (focus on shorter courses / race simulation)	Elated! You are the superfinal champion!