

### Grass Sessions at St Albans 2018-19

Date	Red Session	Blue Session	Black Session
25/08/18	2 x 840m/2mins recovery 4 x 313m/60secs recovery <b>Total: 2,932m</b>	2 x 1,385m/295m jog recovery 4 x 545m/90secs recovery <b>Total: 4,950m</b>	2 x 1,385m/295m jog recovery 4 x 545m/90secs recovery <b>Total: 4,950m</b>
15/09/18		2 sets of (3mins/90secs rest + 2mins/1min rest + 1min), 2 mins rest between sets 3x140m Hill Sprints/walk back to start	2 sets of (3mins/90secs rest + 2mins/1min rest + 1min), 2 mins rest between sets 4 x 200m Hill/walk + jog back to start
22/09/18	5 x 545m/start every 4mins 4 x 208m/45secs recovery <b>Total: 3,557m</b>	4 x 840m/2mins recovery 4 x 313m/60secs recovery <b>Total: 4,612m</b>	2 x 1,680m/295m jog recovery 4 x 545m/90secs recovery <b>Total: 5,540m</b>
06/10/18	2 sets of (5 x 313m/start every 2mins) <b>Total: 3,130m</b>	6 x 545m/295m jog recovery <b>Total: 3,270m</b>	6 x 545m/295m jog recovery <b>Total: 3,270m</b>
20/10/18	6 x 545m/90secs recovery 4 x 208m/45secs recovery <b>Total: 4,102m</b>	5 x 829m/2mins recovery 4 x 313m/60secs recovery <b>Total: 5,397m</b>	4 x 1,385m/295m jog recovery 2 x 545m/90secs recovery <b>Total: 6,630m</b>
03/11/18	4 x 545m/295m jog recovery 4 x 200m Hills/walk + jog back to start <b>Total: 2,980m</b>	2 x 1,385m/295m jog recovery 4 x 545m/295m jog recovery <b>Total: 4,950m</b>	4 x 1,385m/295m jog recovery 2 x 545m/295m jog recovery <b>Total: 6,630m</b>
17/11/18	4 x 545m/295m jog recovery 4 x 200m Hills/walk + jog back to start <b>Total: 2,980m</b>	2 x 1,385m/295m jog recovery 4 x 545m/295m jog recovery <b>Total: 4,950m</b>	4 x 1,385m/295m jog recovery 2 x 545m/295m jog recovery <b>Total: 6,630m</b>