



TRACKSMITH × MONOCLE

WEDNESDAY 7 SEPTEMBER

Track Repeats

The Workout: 6-12 laps of a 385-metre track, starting at 10K pace and working down to 5K pace, with 75 seconds' rest between each rep. Pacers will be on hand to guide you through the workout. Runners are encouraged to run as many as they feel comfortable with. This workout will improve your speed.

WEDNESDAY 14 SEPTEMBER

Tempo Run

The Workout: 1-2 lap tempo run on the Outer Circle, starting at marathon pace and working down to half-marathon pace. Pacers will be on hand to guide you through the workout. Runners are encouraged to run as many laps as they feel comfortable with. One lap of the park is 2.75 miles (4.5km). This workout is designed to help improve your strength and speed. We'll finish with some very light strides back at the track.

WEDNESDAY 21 SEPTEMBER

Speed & Strength

The Workout: 6 half-lap bursts of acceleration to work on turnover with a half-lap jog in between each, followed by a one-lap tempo run around the park at half-marathon pace, covering 2.75 miles (4.5km). Then back on the track for 6 more reps of half-lap accelerations. This session combines strength and speed, and will help improve your overall aerobic fitness.

WEDNESDAY 28 SEPTEMBER

Regent's Park Time Trial

The Workout: Test yourself with a hard 2.75 mile (4.5km) effort around Regents Park. We'll practice race effort and consistent pacing with help from our pacers. Whether you're tapering for the London Marathon or just measuring your fitness, this session will be a great way to jump-start the engine and get you feeling sharp going into autumn.

