

RUN OF THE WEEK

WEEK 4

10 minute run reps with a 30 second brisk walk between each rep

- Repeat 5-8 times depending on your level of fitness;
- The first 9 mins of each run rep should be at 'conversational' pace (able to talk comfortably in full sentences).
- Last minute of each rep increase pace to 5K pace.
- The recovery walk should be brisk.
- Aim to run your last rep at the same pace as your first.
- If you find 10 minutes too long then decrease to 5 or 8 minutes or whatever you can manage.

Always start each session with a proper warm up and finish with a proper recovery.

