

RUN OF THE WEEK

WEEK 6 – YOUR 26 MINUTE CHALLENGE!

- 5 mins at easy (conversational/marathon) pace;
 - 1 minute walk rest;
 - 5 mins easy/moderate pace (able to manage short sentences);
 - 1 minute walk rest;
 - 5 mins moderate/hard pace (10K pace; can speak a few words);
 - 1 minute walk rest;
 - 5 mins hard pace (5K pace; struggle to say anything!)
 - 1 minute walk rest;
 - 2 x 30s very hard; 30s walk rest.
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- *Walk rest should be a brisk walk*
 - *If you're feeling this isn't long enough then repeat!*

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

