

## RUN OF THE WEEK

### WEEK 7

A choice this week depending on whether you have a suitable hill nearby ...

**Hill Session** you will need a gentle hill that takes you 1 minute to run up

- Run up the hill for 1 minute at a pace you can maintain the whole way
- Jog back down
- Run out and back on the flat for 1 minute at the same effort (but greater speed) as on the hill
- Repeat 5 times
- Run up the hill for 45 secs at a pace you can maintain the whole way
- Jog back down
- Run out and back on the flat for 45 secs at the same effort (but greater speed) as on the hill
- Repeat 3-5 times
- Run up the hill for 30 secs at a pace you can maintain the whole way
- Jog back down
- Run out and back on the flat for 30 secs at the same effort (but greater speed) as on the hill
- Repeat 3-5 times

### **'Flat' Session**

- 4-6 x 15 minute reps with 1-2 minutes walk recovery
- Run pace should be just below your target race pace (eg. 5K, 10K, 70.3 etc)
- Recovery length should be sufficient for your breathing to return to near normal. Walk should be brisk.
- If you can't manage 15 minutes reduce to 10 or 12 minutes.

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

