

## RUN OF THE WEEK

### WEEK 8

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

- Repeat 3-5 times depending on your level of fitness;
- In each 15 minute rep include 5 x 1 min at 5K pace. Timing of these harder parts can be completely random.
- The main part of the run should be at 'conversational' pace (able to talk comfortably in full sentences). The recovery walk should be brisk.
- Aim to run your last rep at the same pace as your first.
- If you find 15 minutes too long then decrease to 10 or 12 minutes or whatever you can manage.

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

