

RUN OF THE WEEK

WEEK 9

Start with a proper warm up including 5 x 30s gradually accelerating from a jog to above 5K pace with 30s rest between each.

- 10 – 30 x 1 minute hard run with 1 minute jog (or walk) rest;
- Run pace should be as hard as you can maintain with good form;
- Last rep should be as fast as, or faster than, the first.
- If you need then break the session down into blocks of 5 run reps with a 5 minute walk between blocks.

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

