

## RUN OF THE WEEK

### WEEK 10

- 3-8 x 12 minute run reps – first 10 mins at conversational pace; last 2 mins at 5K pace;
- 30 second brisk walk between each rep;
- Aim to run your last rep at the same pace as your first.
- If you find 12 minutes too long then decrease to 5 or 8 minutes (or whatever you can manage) with the last 30-60s at 5K pace.

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

