

## RUN OF THE WEEK

### WEEK 11

30 – 60 minute run including 5 – 10 harder intervals.

- The main run should be at 'conversational' pace (able to talk comfortably in full sentences).
- Harder intervals should be 1 minute each at 5K pace
- Timing of intervals can be completely random.
- If you find 30 minutes too long to run continuously then split into 2 x 15 mins with a 1 minute walk rest.

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

