

## RUN OF THE WEEK

### WEEK 13

Remember to do a thorough warm up before starting this session

10 x 5 minute run reps with a 1 min second brisk walk (or jog) between each rep

- Pace should be just faster than your normal 5K pace;
- Aim to run your last rep at the same pace as your first.

Finish with a 10 minute recovery run at an easy pace and some stretches.

