

## RUN OF THE WEEK

### WEEK 14

20 minute run reps with a 1 minute brisk walk between each rep

- Repeat 3-4 times depending on your level of fitness;
- In each 20 minute rep include 6 x 90secs 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 20 minutes too long then decrease to 12 or 15 minutes or whatever you can manage.

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

