

## RUN OF THE WEEK

### WEEK 15

*This session will be familiar to anyone who has done our usual Tuesday run sessions. It's harder than it looks and requires a watch and a little bit of concentration!*

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

- Run 1 minute just faster than your usual 5K pace;
  - 1 minute jog (or walk) rest;
  - Run 1 minute just faster than your usual 5K pace;
  - 45 seconds jog (or walk) rest;
  - Run 1 minute just faster than your usual 5K pace;
  - 30 second jog (or walk) rest;
  - Run 1 minute just faster than your usual 5K pace;
  - 15 second jog (or walk) rest;
  - REPEAT 3-5 times (or more if you want!)
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- Last rep should be as fast as, or faster than, the first.
  - If you need more rest then take an extra 1 minute between each set.

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

