

RUN OF THE WEEK

WEEK 16

Hill Session - you will need a gentle hill that takes you 3 minutes to run up. Remember to do a thorough warm up before starting this session.

- Starting at the base of the hill run out and back on the flat for 3 minutes at the same effort (but greater speed) as you will be running on the hill;
- 4 x 3 minutes running up the hill at a pace you can maintain the whole way; jog down between reps;
- Run out and back on the flat for 3 minutes at the same effort (but greater speed) as on the hill;
- 3 minute jog recovery;
- 4 x 2 minutes running up the hill at a pace you can maintain the whole way; jog down between reps;
- Run out and back on the flat for 2 minutes at the same effort (but greater speed) as on the hill;
- 2 minute jog recovery;
- 4 x 1 minute running up the hill at a pace you can maintain the whole way; jog down between reps;
- Run out and back on the flat for minute at the same effort (but greater speed) as on the hill;
- 3 minute brisk walk;
- 10 minutes easy run;
- 3 minutes walk.

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

