

RUN OF THE WEEK

WEEK 18

- 5 mins at easy (conversational/marathon) pace;
 - 1 minute walk rest;
 - 5 mins moderate pace (10K pace - able to manage short sentences);
 - 1 minute walk rest;
 - 5 mins hard pace (5K pace; can speak a few words);
 - 1 minute walk rest;
 - 5 x 1 min hard pace (struggle to say anything!) each with 30s walk rest;
 - 2 minutes 'bonus' walk rest;
 - REPEAT
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- *Walk rest should be a brisk walk*
 - *If you're feeling this isn't long enough then repeat a third time!*

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

