



Week 2

T1 – Tuesday

T1 Warm Up

(2' Run : 60'' Rest x4) Rest 3' x2

T2 – Thursday

T2 Warm Up

Fartlek (**Float** recovery)

30'':30'' x5 w Rest 2' x2

15'':15'' x10 w Rest 2' x2

T3 – Weekend

W up of your choice from T1 or T2 then choose 1 of the following

Option 1

4 x 5' Run: 2' Rest

Option 2

Fartlek Ladder (**Float** Recovery)

15'':15''

30'':30''

45'':45''

60'':60''

45'':45''

30'':30''

15'':15''

rest 2'

(x 3)

Option 3

40'-50' Run @140-160 BPM

