



Week 3

T1 -Tuesday

T1 Warm Up

(90" Run : 45" Rest x5) Rest 3' x2

T2 - Thursday

T2 Warm up

Fartlek (**Walk** 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

