



## Week 4

### **T1- Tuesday**

2km Ramp Warmup

+

T1 Drills

6km Run

+

6 x 150m @ 80%

(slow walk recovery b/w reps)

### **T2 - Thursday**

2km Ramp Warmup

+

T2 Drills

8 x 150m Downhill

Not >3% gradient

(slow walk recovery)

### **T3 - Weekend**

Recovery Session

Hydro, Self-Massage, Stretching, Sleep

