



## Week 4

### T1 – Tuesday

T1 Warm Up

3' Run : 90'' Rest x2  
+ 1' Recovery

+

2' Run : 1' Rest x3  
+ 1' Recovery

+

90'' Run : 45'' Rest x4

### T2 – Thursday

T2 Warm Up

Fartlek (**Walk** Recovery)

30'' : 30'' x6 w Rest 2' x2

15'' : 15'' x12 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

