



Week 5
(Deload/Reload)

T1 – Tuesday

T1 Warm Up

2 x 3' Run : 3' Rest
+ 1' Extra rest on last rep
3 x 2' Run : 2' Rest
+ 1' Extra rest on last rep
4 x 1' Run : 1' Rest

T2 – Thursday

T2 Warm Up

Fartlek (Walk Recovery)
30":30" x4 w Rest 2' x2
15":15" x8 w Rest 2' x2

T3 – Weekend

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

Option 1

3 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'

(x2)

Option 3

30' Run @140-160 BPM

