



Week 7

T1 – Tuesday

T1 Warm Up

6x 600m OT5'

T2 – Thursday

T2 Warm Up

(150m OT60'' x5) Rest 3' x3

T3 – Weekend

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

Option 1

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

Option 2

Fartlek (**Walk** Recovery)
30":30" x5 w Rest 2' x2
15":15" x10 w Rest 2' x2

Option 3

Mona Fartlek (**Float** Recovery)
2x 90":90"
4x 60":60"
4x 30":30"
4x 15":15"

