



Week 9

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

