



## Week 9

### **T1 – Tuesday**

T1 Warm Up

2x 800m OT6'

2x 600 OT5'

2x 400m OT4'

### **T2 – Thursday**

T2 Warm Up

50m straight line OT20" x4' : Rest 3' (x4)

### **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"

