



## Week 10

### **T1- Tuesday**

2km Ramp Warmup

+

T1 Drills

5 x 1km Run @ 10" below 5km TT Pace

(90" standing recovery b/w sets)

### **T2 - Thursday**

2km Ramp Warmup

+

T2 Drills

3 x 1200m wind sprints

(Alternating 100m HARD w 100m Float)

+

400m jog recovery w 3x throw-in each set

### **T3 - Weekend**

2km Ramp Warmup

+

Mixture of T1/T2 Drills Suiting Your Needs

#### **Mona Fartlek**

90" Run : 90" Float (x2)

60" Run : 60" Float (x4)

30"Run : 30" Float (x4)

15"Run : 15" Float (x 4)

Total = 20 mins

+

Game Sim 3 (x4 laps)

