



Week 10

T1 – Tuesday

T1 Warm Up

3' Run : 3' Rest x2

2' Run : 2' Rest x3

1' Run : 1' Rest x4

T2 – Thursday

T2 Warm Up

(100m OT40" + 50m OT20") x5' w 3' rest (x3 total sets)

100m Effort = 15" - 19" whilst the 50m Effort = <10"

100m effort can be straight line *or* 50m up & back if using centre square

T3 – Weekend

Basic Running Prep

+

'Heaven & Hell'

50m straight line (<10") OT20" x4'

Rest 3'

2' Run (\approx 600m)

Rest 90"

3x 200m (36-42") OT2' Cycle

Rest 90"

2' Run (\approx 600m)

Rest 1'

Fartlek (Run:Jog) 20":20", 30":30", 40":40", 60":60", 40":40", 30":30", 20":20"

Rest 8' @ $\frac{1}{4}$ Time Break

Repeat for total of 3 x $\frac{1}{4}$

