



## Flush Run

2 x 1lap OT4' Cycle  
+  
2 x 2lap OT5' Cycle  
+  
6 x 60m strides (building speed ea. rep) w walk recovery  
+  
Recovery

### 1 lap (470m)

Group	Time (min)	Pace (m/km)	Speed (km/h)
Group A+	1:34	3:20	18
Group A	1:38	3:28	17.3
Group B	1:42	3:37	16.6
Group C	1:47	3:47	15.8
Group D	1:52	3:58	15.1
Group E	1:55	4:04	14.8

### 2 laps (940m)

Group	Time (min)	Pace (m/km)	Speed (km/h)
Group A+	3:08	3:20	18
Group A	3:16	3:28	17.3
Group B	3:24	3:37	16.6
Group C	3:34	3:47	15.8
Group D	3:44	3:58	15.1
Group E	3:49	4:04	14.8

## 'Flush Extra'

3x bounce/backaway and cut w 40m solid acceleration/effort and walk recovery  
+  
10" Game Run/Movement : 5" Rest x3' w Rest 90" (x1-2 sets)  
+  
15" Run : 15" Walk x3' w Rest 90" (x1-2 sets)

