



No Game

Session 4

Heaven & Hell

Basic Running Prep

+

Complete 4 sets*

(8' rest b/w sets)

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

Rest 3'

2' Run (≈ 600m)

Rest 90"

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

Rest 90"

Fartlek (Run:Jog) 20":20" x4 (Using Game Patterns/Angles/Backwards etc.)

- Or as directed by HPM

