



## Top Up Your Tank

### CHANGE OF PACE

2km Ramp Warmup

9-12x 150m all with walk back recovery  
(5' Recovery w Light Activity after each 3-4 rep set)

#### Set 1 (3-4 reps)

- 60m @80% → 30m Float → 60m @>90%

#### Set 2 (3-4 reps)

- 30m Accel → 30m Float → 30m @90% → 30m Jog → 30m @95%

#### Set 3 (3-4 reps)

- 60m Accel → 30m @ 50% → 30m Max Effort\* → 30m Roll Out

*\* Maintaining stride length, turnover and mechanics*

