



## Top Up Your Tank

### REPEAT EFFORT

2km Ramp Warmup

Setup an 'Out n Back' course up to 80m marked every 20m

6x Timed Sets of Pyramid Shuttle w 2' Passive Recovery b/w each

Run up to the 20m, Turn & Head Back

Run up to the 40m, Turn & Head Back

Run up to the 60m, Turn & Head Back

Run up to the 80m, Turn & Head Back

Work Your Way Back Down Pyramid Until Time Runs Out

Set 1 = 5' w 2' Recovery

Set 2 = 4' w 2' Recovery

Set 3 = 3' w 2' Recovery

Set 4 = 2' w 2' Recovery

Set 5 = 1' w 2' Recovery

Set 6 = 1' w 2' Recovery

- Emphasis is on initial 5-10m acceleration every interval
- Hold a 5km TT pace for sets 1-3
- Hold a 2km TT pace for sets 4-6

*Ensure you've slept/fuelled well plus bring plenty of water and possibly a bucket!*

