

Core Squads Session

Saturday

For this session you will need to find location with an undulating course of approx.. 10K and go for a steady run with efforts.

Main Session

Go for a long run use the first 8 minutes as the warm-up then start 5 x 3' efforts with 90" jog recovery, do not stop on the run just alternate between effort and jog, if you are running with others, please jog back to re-group before the next effort., Once you have finished the efforts continue the run around the remainder of your 120K course.

Sunday

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 70' run, please log your distance and let me know how you get on.