

Christmas Training Sessions

Wednesday 30th December

For today's session use your usual 10k run course, we are going to be doing a fartlek session where you will be changing pace throughout the session.

Main Session

Go for a long run use the first 8 minutes as the warm-up then start a 3', 2', 1', 1', 2' & 3' efforts, with a recovery jog of what you are going to run next. Each effort needs to be run as fast as possible, even if it includes either uphill or downhill sections. Once you have finished all of the efforts continue the run around the remainder of your 10K course.

Cool-Down

Go for a 15 minute Jog out'n'back jog in your trackies etc then stretch.