

4 x 8min blocks of work (2mins recovery)

- **Warm-Up**

- **Block 1 (8mins no-rest):**

- Sumo Squats x 15
- Run 200m @ race pace
- Plank Jacks x 15
- Run 200m @ race pace
- Repeat...



- **2min Walking Recovery**

- **Block 2 (8mins no-rest):**

- Lateral Lunge x 12 each leg
- Run 200m @ race pace
- Mountain Climber x 12 each leg
- Run 200m @ race pace
- Repeat...



- **2min Walking Recovery**

- **Block 3 (8mins no-rest):**

- Burpees x 15
- Run 200m @ race pace
- Diagonal Crunches x 15 each leg
- Run 200m @ race pace
- Repeat...



- **2min Walking Recovery**

- **Block 4 (8mins no-rest):**

- Superman x 10 each leg
- Run 200m @ race pace
- 4-point Donkey Kicks x 10 each leg
- Run 200m @ race pace
- Repeat...



- **Cool Down**