

Run and Long Squad

Session Plan



INVOLVE CONNECT ENJOY

MONDAY 2 JULY

Run Squad

- Tempo run warm up – 10 min building
- 6 x 6 min E2b
- 1.5 min E
- Cool down 5 min easy

FRIDAY 6 JULY

Long Run

- Intensity 85-90%
- Warm up 10 min build
- 2 x 2km @ 10km race pace, recovery 3 min jog
- 2 x 1.5km @ 10km race pace, recovery 2:15 min jog
- 2 x 1km @ 10km race pace, recovery 90 sec jog
- Cool down 5 min easy

*Key is to run an even pace for all the reps.