

Run Squad

Session Plan



INVOLVE CONNECT ENJOY

MONDAY 19 JUNE

Hill Repeats @ The Tan

Duration: 1 hour

- W/Up to the Tan - 12mins
- 36min hill repeats of Anderson St building to 85% effort
- CD 12min back to RRC

MONDAY 26 JUNE

Hill Repeats @ The Tan

Duration: 45min

- W/up to the Tan - 12mins
- 21min hill repeats of Anderson St building to 85% effort
- CD 12min back to RRC

MONDAY 3 JULY

Tempo Run - Richmond Oval

Duration: 55min

Intensity 80-85%

- W/up 10mins
- 8 x 4minE2b/1minE1
- CD 5min easy