

Track Run

Session Plans



INVOLVE CONNECT ENJOY

WEDNESDAY 21 JUNE

Duration: 1 hour
Intensity 85-90%

- W/up 10min build
- 2 x 2km @ 10km race pace, recovery 3min jog
- 2 x 1.5km @ 10km race pace, recovery 2:15 jog
- 2 x 1km @ 10km race pace, recovery 90sec jog
- CD 5min easy

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

WEDNESDAY 28 JUNE

Duration: 40min
Intensity 85-90%

- W/up 10min build
- 10min run drills
- 10 x 500m @ 10km race pace, recovery 45sec jog
- CD 5min easy

*Key is to stay at 10km pace even though the reps are shorter