

## Session 25 – Phil’s 400’s. 400s (1)

**Warm up:** Run down and in to Dagger Lane, passing the hospital, Turning right in to Temple Meadows. The warm up includes a familiarisation loop of the effort loop (to make 1mile warm up). Picture right.

**Session.** Running in a clockwise position complete a full circuit of Temple Meadows – aiming to run faster than your 5k pace. Coach will give an indication of the number of required efforts but throughout winter you should add two each session as a challenge. Recovery is a short walk up the grassy area. Map below.

**Warm down:** Jog back to club as a group

