

Session 26 – Kelvin Way – 5x 1 mile efforts (2)

Warm up: Run down towards the town centre, passing the college and straight down Spon Lane, till the T junction with Kelvin way, turn right and meet at the centre of Kelvin Way as shown on the map. (1mile)

Session. Main session is to run 1 mile efforts at 5k pace with 2 minute recovery between efforts.

Full lap, half lap, ally walk

Warm down: Jog back to club via the same route – as a group.

