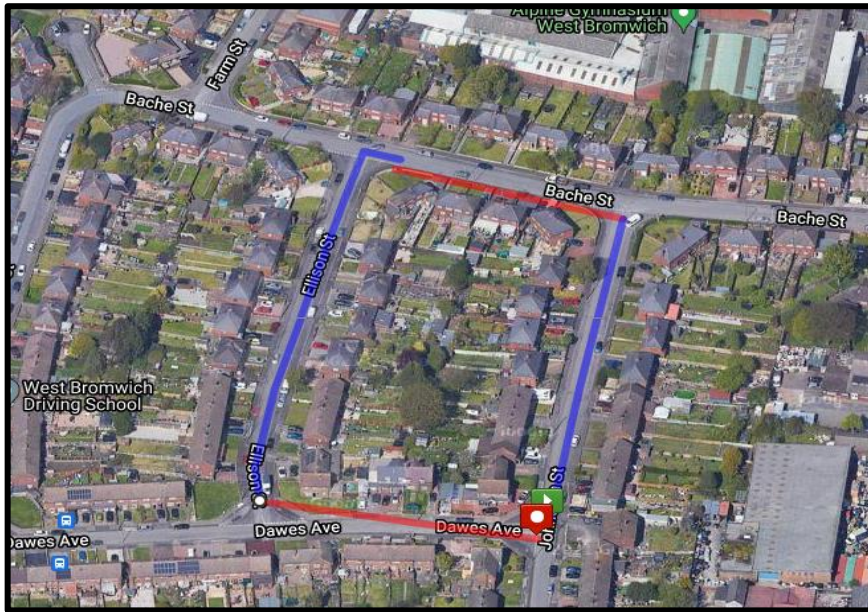


Johnston 10s – 2x 10 minutes (short recoveries)

Warm up: Warm up direct to Johnston Street, heading down passed Sandwell College on Spon Lane (see map) 1 miles including a familiarisation loop of the circuit . Normal strides and stretches to be carried out.

Session. Starting in the bottom right hand corner and run anti-clockwise up the straight (blue line below). Recovery is the short walk/jog on the small side of the rectangle (red below). Continue this for 10 minutes. If you have time left on your watch you must keep running and complete the lap you start. Once 10 minutes is complete 3 minute static recovery with the group before repeating in the opposite direction – aim to beat your number of laps from the first effort.



Pace – race pace practice.
5k pace

Warm down: Jog back to club.

