

Half Milers - 7 x 800 (90 walk recovery)

Warm up: out of the car park down in the Dartmouth Park - complete one full lap of the pool.

Session: 7 x 800 m efforts (faster than 5k pace) with 90 seconds static recovery. Effort finishes at the same place as they start, following the image on the right.

Cool down - straight back to the car park.

