

1, 2, 3, 4, 3, 2, 1 Sandwell Valley Farm

Warm up: From the Car park down on to the five mile route taking care with the off road sections (if wet stick to the main roads and enter via Salters Lane.

Main session is a track speed pyramid session. Recoveries are half the distances run.



- 1 Lap at faster than 5k pace (half lap recovery)
- 2 Laps (1 Lap recovery)
- 3 Laps (1.5 lap recovery)
- 4 laps (2 recovery)
- 3 laps (1.5 recovery)
- 2 Laps (1 recovery)
- 1 Lap

Cool down: 1 mile run return to car Park .