

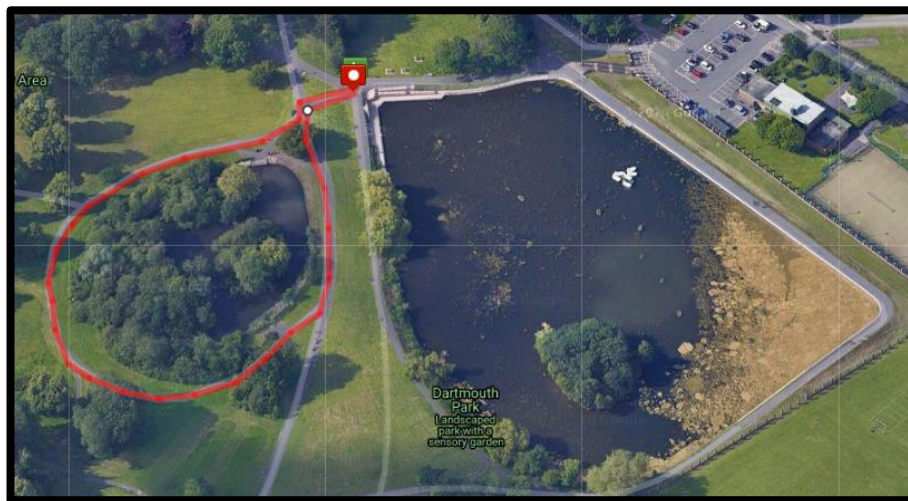
Split ks – Dartmouth Park

Warm up: Run down to the Pool in Dartmouth Park and complete a lap of the pool to make it a 1 mile warm up. Direction may vary based on group size.

Main session is 1k efforts split in two parts.



Part A – Run the lap of the pool in Dartmouth Park (600m) and then 1 minute walk recovery along the side of the pool



Part B – Run the small pool in Dartmouth Park (400m) and then walk the extended loop for 3 minutes before repeating.

Aim to complete 5 or 6 complete sets at target 5k pace.