

Session 32 - 4, 4, 2 – Newhall Street - 400 [45] 400 [45] 200 [2] x 6

Warm up: Run down towards the college and down Spon Lane. Turning right at the gym in to Watton St, then again right in to Pleasant St. The warm up includes a familiarization loop of the session to make the distance up to 1 mile.

Main session is split 1K efforts – split in to 400m x 2 and one 200m effort. To be run at your fastest pace possible.

Option 1: At a fast but comfortable pace run 400m as shown in the map below (l) . After 45 seconds static recovery repeat the effort. Once two 400 have been completed then run the 200m effort shown below. After the 200 take a longer recovery (2 minutes) static recovery before repeating up to 6 times. (Anyone training for a half or full marathon this session will be adapted further still)

Option 2: For the new runner – 400m efforts but the recovery is the 200m loop jog. Aim to complete as many as possible in the session time frame (30 -40minutes continuous running)

