

Interval session

6x3 minute efforts at sustainable 5k pace (or faster) with 2 minutes jog recovery returning to the group of closest runners.

Should be able to maintain pace throughout the 6 efforts whilst maintaining good form.

In-between each effort jog back to slower runners or carry on moving forward to re-group and set off together for the next effort. You will naturally form smaller groups of similar ability.

Slower runners will complete 1 lap faster runners will complete 2 laps.

Warm up and cool down are from the club house.

