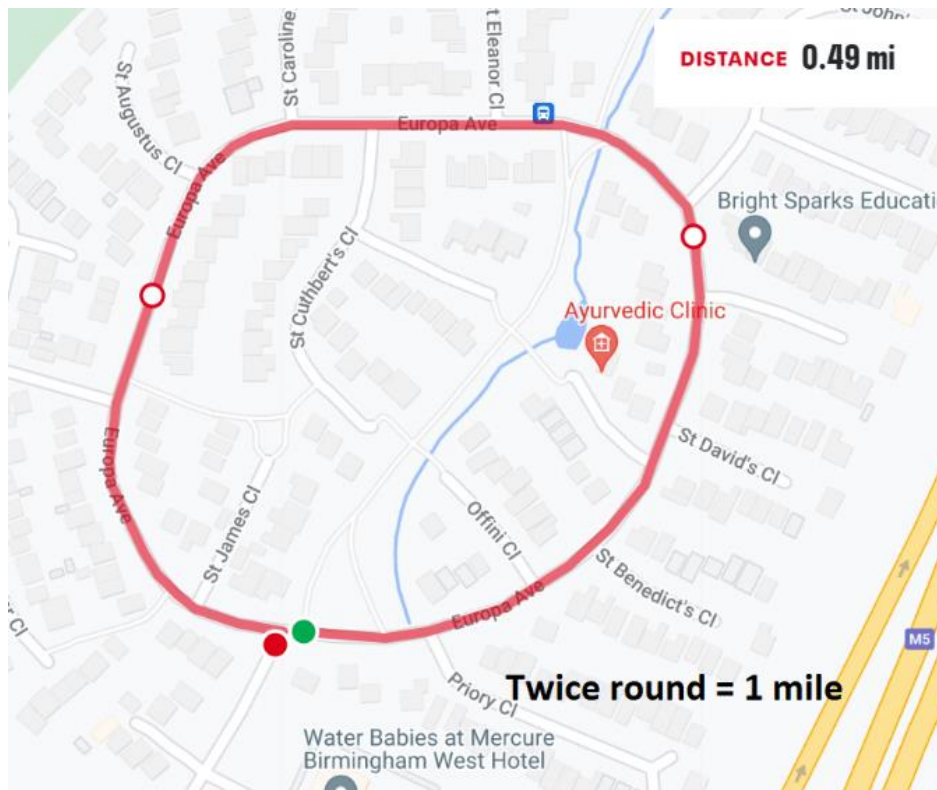
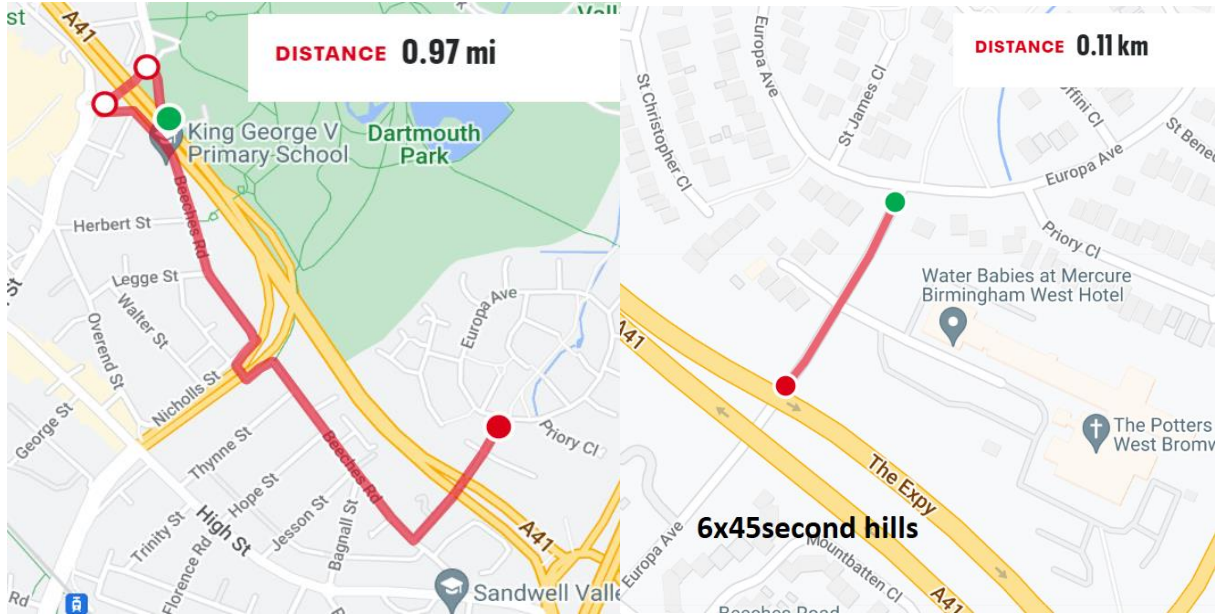


Europa hills and mile efforts

Warm up with a jog from the club house and calf raises and stretches before the hill workout.

Complete 6/8 hill efforts of 45 seconds (Hard) each with slow jog back down between each. Then twice around the Europa loop (1 mile) @10k pace before repeating the hill session again. X4/5 in total.

For slower runners this can be shortened to half mile efforts (1 lap).



This session helps your 10k pace giving you strength from the hill element and endurance from the miles in-between.

