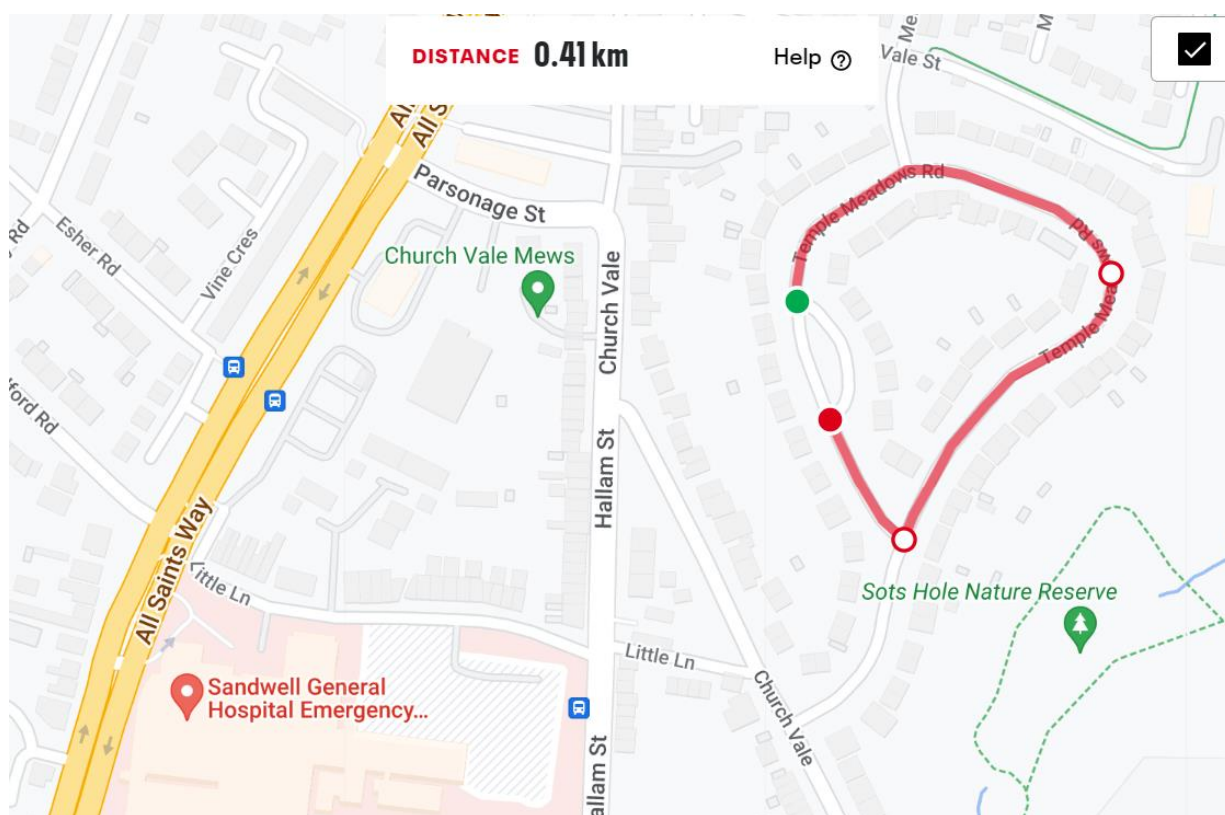
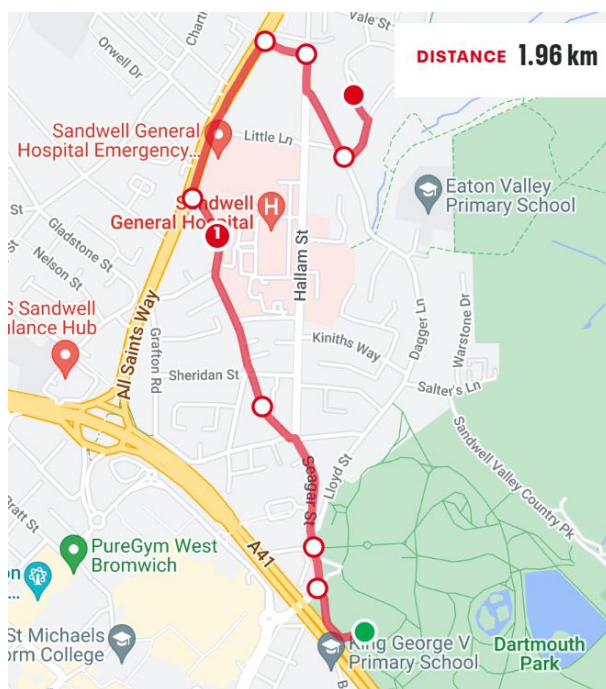


Phil's 400's

Temple Meadows Road

8/10x 400 meters with walk recovery of 90 seconds between each.

2k warm up.



Run this session @ faster than your 5k pace. Try and regroup at the start and push each other to the finish!

A good warm up before this one please! **Calf raises and stretches.**