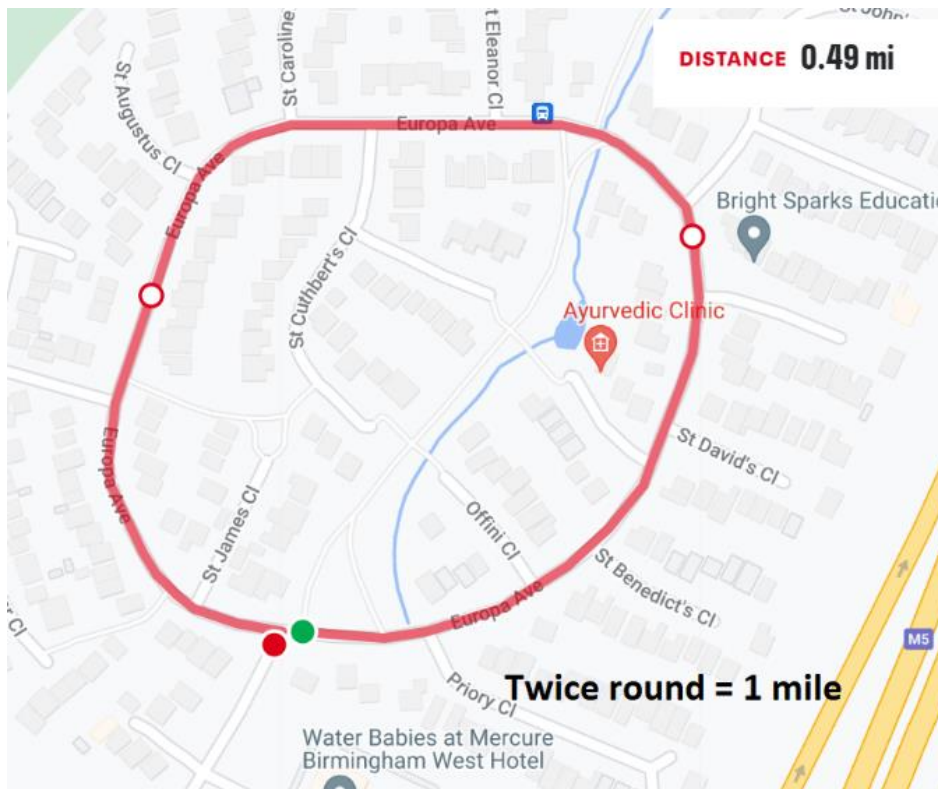
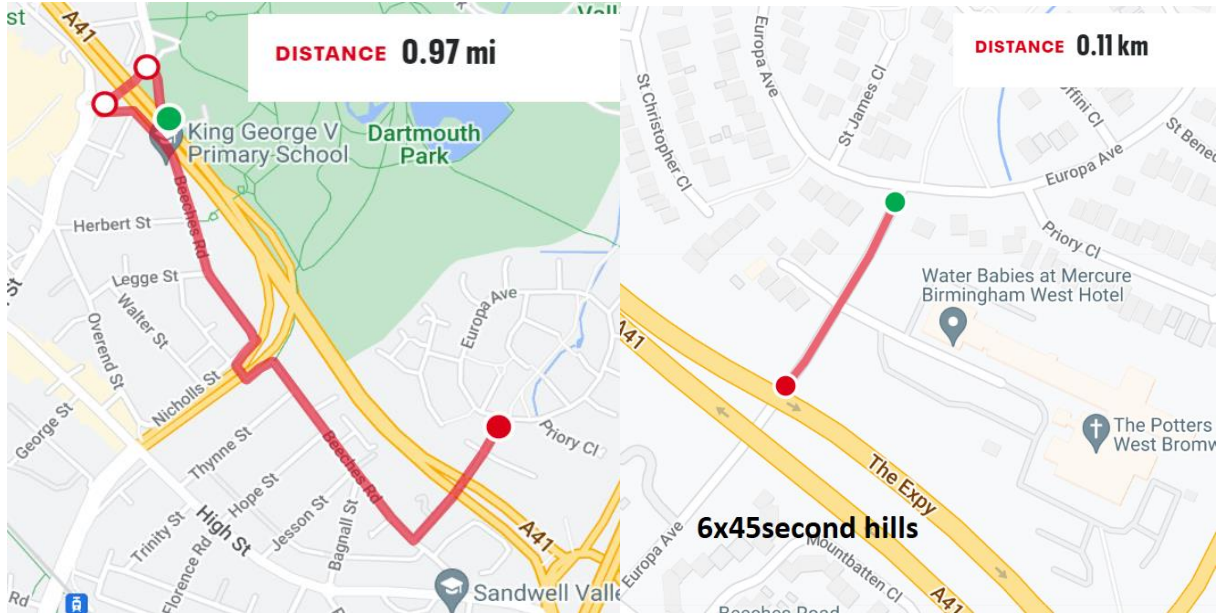


# Europa hills and half mile efforts

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

Complete 4/6 hill efforts of 45 seconds (Hard) each with slow jog back down between each. Then Once around the Europa loop (half mile) @5k pace before repeating the hill session again. X4/5 in total.



This session helps your 5k pace giving you strength from the hill element and endurance from the miles in-between.