

Run : 15 min Easy Run

Duration (P):0:15:00

Workout Description:

The purpose of this session is to promote aerobic efficiency, to build strength and to aid active recovery. Your effort level is set according to your heart rate, pace (from your VDOT results)

Warm Up:

Jog easily (L1) for about 5 minutes as your systems wake up.

Main Set:

Run at Easy Intensity (L2) for the rest of the session.

Aim to focus on breathing and technique as you are running. In this session it is key to hold the Easy Intensity whether you are going uphill or downhill or along the flat.

Cool Down:

Stretching and then compression and ice if necessary