

Run : Track aerobic conditioning 2

Duration (P):1:00:00

Workout Description:

Purpose of this session is to develop aerobic fitness, and develop run strength

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- 4 laps easy (1600m)
 - Mobility (5 mins)
 - Drills (5 mins)

Run one lap of the track jogging the straights and striding the bends good technique

Main set (32 mins)

3 x 10mins Easy with 1 min threshold interval in between.

Cooldown (10 mins)

Static stretching

1 lap (400m)