



AEROBIC WORK

A) TERRAIN RUN: run for 40 minutes varying speed and or terrain. Aim to increase your distance each week.

B) 300m: 3x(3 x 300m): 50seconds for backs; 55 seconds for forwards. 2---minute rest between reps, 4---minute rest between sets.

C) VO2 GRIDS: 70X30m Rectangle set up. 15 sec to complete each side. 4 complete grids = 1 rep (4min total). Rest 2 min, repeat, rest 2 min, Repeat. So it is 3x(1x1)

D) 10 SECOND RUN: Run as far as you can in a straight line for 10 seconds, then 30sec jog recovery run back to start point. 2x(1x12) w/2min rest between sets.