



Anaerobic Endurance

1. Warm up

15 minutes gradually increasing intensity

- add in x2 30 second accelerations to 5km pace during the last 5 minutes of warm up.

2. Main Set

4 x 3 minutes at RPE 8 – holding good form

- each with 3 minutes easy jog recoveries

3. Cool Down

10 minute easy run, gradually decreasing intensity