

Tuesday Challenge
Session 13
Longer running drills

You can choose any option or if you are doing them regularly you could alternate each option. Try to record your time / distance to track progress. We will be returning to these in a couple of weeks so make sure you write them down!!

- 5 min drills – over a 5km distance run for 5 mins walk for 1 min.
- 2 min drills – over a 10 minute period run for 2 mins walk for 1 min
- 1 min drills – over a 1.6km distance run for 1 min walk for 1 min

After each walk try to increase your running speed for the 1 & 2 min drills.

Have fun and stay safe, Jo x