

ginner Progran	mme: Morning						
Week	Man Craun Sassian	Tues	Wad Crawn Sassian	Thurs - solo session	 Fri	Sat Crown Sansian	Sun
vveek	Mon - Group Session	lues	Wed - Group Session	murs - solo session	<u> </u>	Sat - Group Session	Sun
1	Strength/Repeats - Session 1	Rest day	Track Session 1	3-4km	Rest day	5km	Rest day
	See Notes	Stretch	See notes	Easy run	Stretch	Easy running	
2	Strength/Repeats - Session 1	Rest day	Track Session 1	3-4km	Rest day	6km	Rest day
	See Notes	Stretch	See notes	Easy run	Stretch	Easy running	
•	Ctuanath/Danasta Cassian 1	Doob door	Track Coorien 1	4.51	Do at day.	G. Elven	Dook door
3	Strength/Repeats - Session 1 See Notes	Rest day Stretch	Track Session 1 See notes	4-5km	Rest day Stretch	6.5km Easy running	Rest day
	See Notes	Stretch	See notes	Easy run	Stretch	Lasy running	
4	Strength/Repeats - Session 1	Rest day	Track Session 2	4-5km	Rest day	7km	Rest day
	See Notes	Stretch	See notes	Easy run	Stretch	Easy running	
5	Strength/Repeats - Session 2	Rest day	Track Session 2	5-6km	Rest day	7.5km	Rest day
	See Notes	Stretch	See notes	Easy run	Stretch	Easy running	
6	Strength/Repeats - Session 2	Rest day	Track Session 2	5-6km	Rest day	8km	Rest day
<u> </u>	See Notes	Stretch	See notes	Easy run	Stretch	Easy running	nesi day
		5.15.15.1	233				
-	Ctropoth /Donosta O		Tree als Canadana C	0.41	D	01	5
	Strength/Repeats - Session 2 See Notes	Rest day Stretch	Track Session 3 See notes	3-4km	Rest day Stretch	9km Easy running	Rest day
	OCC INUICS	SHEIGH	OCC HOLES	Easy run	Sueich	Lasy Turning	
8	Jog 40mins	Rest day	Track Session 3	4km	Rest day	10k Run day	Sleep in ;-)
		Stretch	See notes	Easy run	Stretch	Kick butt!	
tes							
ck Sessions	Our coach will quide you throug	h these track sessions and call out your sets	S				
	car seast vim garas yea ameag						
ck session 1	Strength warm up / 4 x 4 min ef	forts @ 80% / 5 min recovery between each					
011 00001011 1		ione e do / o / o minimodo von y both dom dadin					
ck session 2	<u> </u>	efforts @ 80% / 3 min recovery between eac					
ck session 2	Strength warm up / 5 x 4 min 6	efforts @ 80% / 3 min recovery between eac	ch				
ck session 2 ck session 3	Strength warm up / 5 x 4 min 6	efforts @ 80% / 3 min recovery between eac fforts @ 80% then 1min @ 100% / 2 min rec	ch				
	Strength warm up / 5 x 4 min 6		ch				
ck session 3	Strength warm up / 5 x 4 min e	fforts @ 80% then 1min @ 100% / 2 min rec	ch				
ck session 3	Strength warm up / 5 x 4 min 6	fforts @ 80% then 1min @ 100% / 2 min rec	ch				
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug	fforts @ 80% then 1min @ 100% / 2 min recubility that this session. This session combines strength work and i	ch covery between each intensity running. Our coach w			out please know what the session involves before y	ou come to the
ck session 3	Strength warm up / 5 x 4 min e	fforts @ 80% then 1min @ 100% / 2 min rec	ch covery between each intensity running. Our coach w				ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description:	fforts @ 80% then 1min @ 100% / 2 min recubility that this session. This session combines strength work and i	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t		ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4)	fforts @ 80% then 1min @ 100% / 2 min recular this session. This session combines strength work and i session. Timing is the key for this session,	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t Session 2 (Weeks 5-7)	ime.	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description:	fforts @ 80% then 1min @ 100% / 2 min recubility that this session. This session combines strength work and i	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t		ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t Session 2 (Weeks 5-7) Smin light jog warm up	1.5mins Out and back	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4)	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t Session 2 (Weeks 5-7)	1.5mins Out and back Pulse Squats (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t Session 2 (Weeks 5-7) Smin light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t Session 2 (Weeks 5-7) Smin light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	t further along the course each t Session 2 (Weeks 5-7) Smin light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recent this session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set:	fforts @ 80% then 1min @ 100% / 2 min receive the this session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recent this session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min receive that this session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs)	you come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recomb th this session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs)	you come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S F F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs)	you come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S S S S S S S S S S S S S S S S	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	you come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S S S S S S S S S S S S S S S S	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs)	you come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Hover Arm Tap (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S S S S S S S S S S S S S S S S	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S S S S S S S S S S S S S S S S	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs)	you come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Hover Arm Tap (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get Sets is to get FINAL SETS SETS SETS SETS SETS SETS SETS SET	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Ruling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S F F F F F F F F F F	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and i session. This session combines strength work and i session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S S S S S S S S S S S S S S S S	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	ou come to the
ck session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and it session. This session combines strength work and it session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs)	ch covery between each intensity running. Our coach w	e aim on the run sets is to get Set is to get is set is set is to get is set is to get is set	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	ou come to the
k session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 30secs	ch covery between each intensity running. Our coach w	e aim on the run sets is to get Set is to get is set is set is to get is set is to get is set	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Strength Circuit Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 30secs	ou come to the
k session 3	Strength warm up / 5 x 4 min e Strength warm up / 7 x 2 min e Our coach will guide you throug Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	fforts @ 80% then 1min @ 100% / 2 min recombines strength work and is session. This session combines strength work and is session. Timing is the key for this session, 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 30secs	ch covery between each intensity running. Our coach w	e aim on the run sets is to get S S S S S S S S S S S S S S S S S S	Session 2 (Weeks 5-7) Smin light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Strength Circuit Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 30secs	ou come to the



- 0	amme: Morning						
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Strength/Repeats - Session 1	Rest day	Track Session 1	5-6km	Walk 30mins	7km run	Rest day
	See notes	Stretch	See notes	Easy run		After 20mins do 20mins at 8/10 or goal pace	Stretch
2	Strength/Repeats - Session 1	Rest day	Track Session 1	5-6km	Walk 30mins	8km run	Rest day
	See notes	Stretch	See notes	Easy run	vvaiix oominis	After 20mins do 20mins at 8/10 or goal pace	Stretch
•			T 10 : 1	5.0	W II 00 :		5
3	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	9km run After 20mins do 20mins at 8/10 or goal pace	Rest day Stretch
4	Strength/Repeats - Session 1	Rest day	Track Session 2	5-6km	Walk 30mins	10km run	Rest da
	See notes	Stretch	See notes	Easy run		After 20mins do 30mins at 8/10 or goal pace	Stretch
5	Strength/Repeats - Session 2	Rest day	Track Session 2	5-6km	Walk 30mins	11km run	Rest da
	See notes	Stretch	See notes	Easy run		After 20mins do 30mins at 8/10 or goal pace	Stretch
6	Strength/Repeats - Session 2	Rest day	Track Session 2	5-6km	Walk 30mins	8km Time Trial	Rest dav
	See notes	Stretch	See notes	Easy run	Waik Johnins	OKIII TIITIE IIIai	Stretch
7	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6km Easy run	Walk 30mins	12km After 20m do 35mins at 8/10 or goal pace	Rest day Stretch
8	40m easy run Easy Run	Rest day	Track Session 3	5-6km Easy run	Walk 30mins	10km Run day Kick butt!	Sleep in ;
lotes							
rack Sessions	Our coach will guide you through	gh these track sessions and call out your se	ts.				
rack session 1	Strength warm up / 5 x 4 min e	efforts @ 80% / 4 min recovery between eac	ch				
ack session 2		efforts @ 80% / 2 min recovery between ea					
	Ctrop oth warm up / 7 x 1 min	efforts @ 80% then 2min @ 100% / 2 min re	ecovery between each				
rack session 3	Strength warm up / / x i min						
rack session 3	Strength warm up / / x i min						
	Our coach will guide you throug	gh this session. This session combines strength work and				or timings but please know what the session involves be	efore you cor
	Our coach will guide you through Session Description:	gh this session.			sets is to get further along the		efore you cor
	Our coach will guide you throug	gh this session. This session combines strength work and					efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back			Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back	efore you cor
Strength/Repeats	Our coach will guide you through Session Description: Session 1 (Weeks 1-4)	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs)			Session 2 (Weeks 5-7)	1.5mins Out and back Pulse Squats (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set:	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set:	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Burpee (45secs) Burpee (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Burpee (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this sess 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs)	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	efore you col
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Smins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs)	efore you co
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Hover Arm Tap (45secs) Burpee (45secs)			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs)	efore you con
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. Timing the			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	efore you co
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. Timing the key for this session. The key			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Smins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Burpee (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 30secs	efore you cor
	Our coach will guide you through Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	gh this session. This session combines strength work and the session. Timing is the key for this session. Timing the			Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	efore you col



eturn Programm	ne: Morning						
Week	Mon - Group Session	Tues	Wed - Group Session	Thurs - solo session	Fri - solo session	Sat - Group Session	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6km Easy run	Walk 30mins	8km run After 20mins do 30mins at 8/10 or goal pace	Rest day Stretch
0	Strongth/Dangeta Session 1	Dook door	Track Session 1	E. Clare	Malls Of the continue	10km run	Doot do
2	Strength/Repeats - Session 1 See notes	Rest day Stretch	See notes	5-6km Easy run	Walk 30mins	After 20mins do 30mins at 8/10 or goal pace then easy running to end	Rest da Stretch
3	Strength/Repeats - Session 1	Rest day	Track Session 1	5-6km	Walk 30mins	13km run After 20m do 35m at 8/10 or goal pace then easy	Rest da
	See notes	Stretch	See notes	Easy run		running to end	Stretch
4	Strength/Repeats - Session 1	Rest day	Track Session 2	5-6km	Walk 30mins	10km run	Rest da
	See notes	Stretch	See notes	Easy run		After 20m do 30m at 8/10 or goal pace then easy running to end	Stretch
_	Chuanath /Danasta Casaisa O	D	Two als Canadians O	5.01	1M III 00 1	1 Olympa yr yr	D
5	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6km Easy run	Walk 30mins	12km run Do 2nd Half at 8/10 or goal pace	Rest da Stretch
6	Strength/Repeats - Session 2	Rest day	Track Session 2	5-6km	Walk 30mins	8km Time Trial	Rest da
	See notes	Stretch	See notes	Easy run	Waik Gorning	Race	Stretch
7	Strength/Repeats - Session 2	Rest day	Track Session 3	5-6km	Walk 30mins	14km	Rest da
	See notes	Stretch	See notes	Easy run		Do 2nd Half at 8/10 or goal pace	Stretch
8	40mins easy run Easy Run	Rest day	Track Session 3 See notes	5-6km Easy run	Walk 30mins	10km Run day Kick butt!	Sleep in
otes							
otes ack Sessions	Our coach will auide vou throug	gh these track sessions and call out your set	S.				
	ear coder iim garac yea iim cag			Two sk appaign 2			
ck session 1 ength warm up		Track session 2 Strength warm up		Track session 3 Strength warm up			
ins - 80% effort		30secs- All out		2min - 80% effort			
ins - 90% effort		4mins - 80% effort		30secs - All out			
		30secs - All out					
iine - Haev				MUSEC - HASV			
nins - Easy				90sec - Easy			
peat x5 rength/Repeats	Our coach will guide you throug	2mins - Easy Repeat x5		Repeat x9			
peat x5	Our coach will guide you through Session Description:	2mins - Easy Repeat x5 gh this session.	intensity running. Our coa	Repeat x9 ach will guide you through t	this session and give you your timings further along the course each time.	but please know what the session involves before you con	ne to the ses
peat x5		2mins - Easy Repeat x5 gh this session. This session combines strength work and	intensity running. Our coa	Repeat x9 ach will guide you through t	this session and give you your timings further along the course each time. Session 2 (Weeks 5-7)	but please know what the session involves before you con	ne to the se
peat x5	Session Description:	2mins - Easy Repeat x5 gh this session. This session combines strength work and	intensity running. Our coa	Repeat x9 ach will guide you through t	further along the course each time.	but please know what the session involves before you con	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4)	2mins - Easy Repeat x5 gh this session. This session combines strength work and Timing is the key for this session, we want	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7)		ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	2mins - Easy Repeat x5 This session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	2mins - Easy Repeat x5 This session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back Pulse Squats (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set:	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set:	2mins - Easy Repeat x5 This session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	2mins - Easy Repeat x5 This session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Rulling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Burpee (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 the this session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Burpee (45secs) Burpee (45secs) Burpee (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Ruling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Smins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Squats Jumps (45secs) Squats Hops (45secs) Hover Arm Tap (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Ruling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Square Hops (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery:	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Smins out and back (2.5 min turnaround) 1 min Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Hops (45secs) Hover Arm Tap (45secs) Hover Arm Tap (45secs) Burpee (45secs) Hover Arm Tap (45secs) Burpee (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Rolling Plank (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Hops (45secs) Hover Arm Tap (45secs) Hover Arm Tap (45secs) Burpee (45secs) Hover Arm Tap (45secs) Burpee (45secs)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround)	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 th this session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Squats Jumps (45secs) Hover Arm Tap (45secs) Square Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min	ne to the se
peat x5	Session Description: Session 1 (Weeks 1-4) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit	2mins - Easy Repeat x5 this session. This session combines strength work and Timing is the key for this session, we want 1.5mins Out and back Squats (45secs) Runners Knee Lift L Leg (45secs) Runners Knee Lift R Leg (45secs) Rolling Plank (45secs) Squats Jumps (45secs) 5mins out and back (2.5 min turnaround) 1 min Walking Lunge (90secs) Hover Arm Tap (45secs) Inch worm (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Skater Step (45secs) Squats Jumps (45secs) Squate Hops (45secs) Hover Arm Tap (45secs) Burpee (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 30secs 5mins out and back (2.5 min turnaround)	intensity running. Our coa	Repeat x9 ach will guide you through t	Session 2 (Weeks 5-7) 3min light jog warm up Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Strength Circuit Strength Circuit Run Set: Recovery: Strength Circuit Run Set: Recovery: Run Set: Recovery: Strength Circuit	1.5mins Out and back Pulse Squats (45secs) Burpee (45secs) Hover (45secs) Press Up (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Straight Leg Deadlifts (90secs) Rolling Plank (45secs) Hover Arm Tap (45secs) Burpee (45secs) 5mins out and back (2.5 min turnaround) 1 min Pulse Squats (45secs) Press Up (45secs) Burpee (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 1 min Walking Lunge with Twist (45secs) Hover Arm Tap (45secs) Burpee (45secs) Smins out and back (2.5 min turnaround) 30secs 5mins out and back (2.5 min turnaround)	ne to the se