

Track Sessions:  Our coach will guide you through these track sessions and call out your sets.  Strength warm up / 3 x 6min efforts @ 80% effort / 6min recovery between each  Strength warm up / 5 x 3.5min efforts @ 80% effort / 4min recovery between each  Strength warm up / 10 x 90sec @ 80% effort / 2min recovery between each  Strength warm up / 10 x 90sec @ 80% effort / 2min recovery between each	beginner Program	mme: Evening						
Security   Control   Con	Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri	Sat - Group Session	Sun
	1							Rest day
	2							Stretch
B	3			_				Rest day
Easy and Section Secti	4							Rest day
Test description of the control of t	5							Rest day
Base	6							Rest day
Page 1	7							Rest day
Track Session 1 Track Session 2 Strength varier put a force of 60% effort of min sovery between each  Strength varier put 2 x	8				Jog 40mins			Sleep in ;-)
Strength Community / 10 x 00mc of 200% effort / min recovery between each content of the Season of Strength Community / 10 x 00mc of 200% effort / min recovery between each content of the Season of Strength Community / 10 x 00mc of 200% effort / min recovery between each content of the Season of Strength Community / 10 x 00mc of 200% effort / min recovery between each content of the Season of Season Observation (Season Observation) and season of Season Observation (Season Obs	Notes Track Sessions:	Our coach will guide you throu	ugh these track sessions and call out your sets.					
Seedon Descriptions  This session combines shoright work and intensity numining. Our coach will guide you through this session and give you your firrings but please know what the session involves before you come to the seeds. Thing it the key for this seession, we want quold translations. The aim on the run sets is to get further along the course seach time.  Seedon 1 (Weeks 1-9)  Smin sight jog warm up  Small Circuit  Signat/Sign Back Lunge in Signation  Signat/Sign Back Lunge in Signation  Signation of the seession of	Track Session 1 Track Session 2 Track Session 3	Strength warm up / 5 x 3.5m	nin efforts @ 80% effort / 4min recovery between					
Session 1 (Weeks 1-4) Similar grit grawm up Session 1 (Weeks 1-4) Similar grit grawm up Session 1 (Weeks 1-4) Similar grit grawm up Strength Circuit Squart grawm up Strength Circuit Squart grawm up Squart g	Strength/Repeats	Our coach will guide you throu						
Stront light fog warm up  Strongth Circuit Squart/Step Back Lunge (45secs) Holling Phark (45secs) Squart Celf Raise (45secs) Fees Ups (45s		Session Description:			<u> </u>			olves before you
Rolling Plank (45secs)   Puse Supatk (45sec			2.5mins Out and back				2.5mins Out and back	
Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs)								
Press Ups (45secs)  Run Set: 4 mins out and back (2min turnaround)  Recovery: 1 min  Strength Circuit Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  Run Set: 4 mins out and back (2min turnaround)  Recovery: 1 min  Strength Circuit Inch worm (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  Press Ups (45secs)  Run Set: 4 mins out and back (2min turnaround)  Recovery: 1 min  Strength Circuit Pulse Lunge with twist R Leg (45secs)  Strength Circuit Forward and back Hover (45secs)  Strength Circuit Forward and back Hover (45secs)  Strength Circuit Forward and back Hover (45secs)  Bott (45secs)  Press Ups (45secs)  Press Ups (45secs)  Run Set: 4 mins out and back (2min turnaround)  Recovery: 1 min  Recovery: 1 min Recovery:		Run Set:	Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) 4mins out and back (2min turnaround)			Run Set:	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround)	
Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) Press Ups (45secs) Press Ups (45secs) Press Ups (45secs) Run Set: 4 mins out and back (2min turnaround) Recovery: 1 min  Strength Circuit Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Press Ups (45secs) Strength Circuit Forward and back (2min turnaround) Forward and back (2min turnaround) Forward and back Hover (45secs) Step back or jump lunges (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs) Press Ups (45secs) Press Ups (45secs) Forse Ups (45secs) Forward and back (2min turnaround) Forward and back (2min turnaroun		Run Set: Recovery:	Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)			Run Set: Recovery:	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs)	
Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Strength Circuit Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)  Pulse Lunge with twist L Leg (45secs)  Press Ups (45secs)  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Strength Circuit Forward and back Hover (45secs)  Step back or jump lunges (45secs)  Press Ups (45secs)  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min		Run Set: Recovery:  Strength Circuit  Run Set:	Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)  Pulse Lunge with twist L Leg (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)			Run Set: Recovery: Strength Circuit Run Set:	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround)	
Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs) Press Ups (45secs) Press Ups (45secs)  Run Set: 4mins out and back (2min turnaround) Recovery: 1 min  Run Set: 4mins out and back (2min turnaround) Recovery: 1 min Recovery: 1 min		Run Set: Recovery:  Strength Circuit  Run Set: Recovery:	Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)  Pulse Lunge with twist L Leg (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)			Run Set: Recovery:  Strength Circuit  Run Set: Recovery:	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs)	
Press Ups (45secs)  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Run Set: 4mins out and back (2min turnaround)  Recovery: 1 min  Recovery: 1 min		Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit	Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)  Pulse Lunge with twist L Leg (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)			Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround)	
Recovery: 1 min Recovery: 1 min		Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:	Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Squat/Step Back Lunge (45secs) Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Pulse Lunge with twist R Leg (45secs) Bolt (45secs)			Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs)	
Run Set: 4mins out and back (2min turnaround)  Run Set: 4mins out and back (2min turnaround)		Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit	Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Squat/Step Back Lunge (45secs) Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs) Press Ups (45secs)			Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) Amins out and back (2min turnaround)	
		Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:	Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) 4mins out and back (2min turnaround) 1 min  Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs)  4mins out and back (2min turnaround) 1 min  Squat/Step Back Lunge (45secs) Rolling Plank (45secs) Squat/Calf Raise (45secs) Press Ups (45secs) Press Ups (45secs)  4mins out and back (2min turnaround) 1 min  Pulse Lunge with twist R Leg (45secs) Bolt (45secs) Pulse Lunge with twist L Leg (45secs) Press Ups (45secs)  4mins out and back (2min turnaround) 1 min  4mins out and back (2min turnaround)			Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:  Strength Circuit  Run Set: Recovery:	Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs) Burpee or jump squats (45secs) Amins out and back (2min turnaround) 1 min  4mins out and back (2min turnaround)	



lvanced Progra	mme: Evening						
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Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri - Own Session	Sat - Group Session	Sun
1	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	7km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest da Stretc
2	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	8km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest da Stretc
3	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30mins	9km run After 20mins do 20mins at 8/10 intensity or goal pace	Rest d
4	5-6km	Track Session 2	Rest day	Strength/Repeats - Session 1	Walk 30mins	10km run	Rest da
<del>-</del>	Easy run	See Notes	Stretch	See Notes	Walk Johnins	After 20mins do 30mins at 8/10 intensity or goal pace	Streto
5	5-6km	Track Session 2	Rest day	Strength/Repeats - Session 2	Walk 30mins	11km run	Rest da
	Easy run	See Notes	Stretch	See Notes		After 20mins do 30mins at 8/10 intensity or goal pace	Streto
6	5-6km	Track Session 2	Rest day	Strength/Repeats - Session 2	Walk 30mins	8km Time Trial	Rest da
	Easy run	See Notes	Stretch	See Notes			Streto
7	5-6km	Track Session 3 See Notes	Rest day	Strength/Repeats - Session 2	Walk 30mins	12km After 20mins do 35mins at 8/10 intensity or goal page	Rest da
8	Easy run 5-6km	Track Session 3	Stretch Rest day	See Notes  40min easy run	Walk 30mins	After 20mins do 35mins at 8/10 intensity or goal pace  10km Run day	Stretc Sleep in
O	Easy run	See Notes	Rest day	40min easy run Easy Run	vvaik SUITIINS	Kick butt!	Sleep in
otes: ack Sessions	Our coach will auide vou thro	ugh these track sessions and call out your sets.					
ack Session 1 ack Session 2		efforts @ $80\%$ effort then 1min @ 100% effort / 4m efforts @ $80\%$ effort then $90{ m secs}$ @ $100\%$ effort /	•				
ack Session 3		efforts @ 80% effort then 30secs @ 100% effort /	•				
rength/Repeats	Our coach will guide you thro	ugh this session.					
	Session Description:	This session combines strength work and inte				mings but please know what the session involves before you co e.	ome to the se
	Session 1 (Weeks 1-4)				Session 2 (Weeks 5-7)		
	5min light jog warm up	2.5mins Out and back			5min light jog warm up	2.5mins Out and back	
	Strength Circuit	Squat/Step Back Lunge (45secs)			Strength Circuit	Inch worm (45secs)	
		Rolling Plank (45secs)  Squat/Calf Raise (45secs)				Pulse Squats (45secs) Press Ups (45secs)	
		Press Ups (45secs)				Burpee or jump squats (45secs)	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Tiodovory.				Tiodorony.		
	Strength Circuit	Pulse Lunge with twist R Leg (45secs)			Strength Circuit	Forward and back Hover (45secs)	
		Bolt (45secs)				Step back or jump lunges (45secs)	
		Pulse Lunge with twist L Leg (45secs)				Press Ups (45secs)	
		Press Ups (45secs)				Burpee or jump squats (45secs)	
	Run Set:  Recovery:	4mins out and back (2min turnaround)  1 min			Run Set: Recovery:	4mins out and back (2min turnaround)  1 min	
	_						
	Strength Circuit	Squat/Step Back Lunge (45secs)			Strength Circuit	Inch worm (45secs)	
		Rolling Plank (45secs)				Pulse Squats (45secs)	
		Squat/Calf Raise (45secs)				Press Ups (45secs)	
	Run Set:	Press Ups (45secs)  4mins out and back (2min turnaround)			Run Set:	Burpee or jump squats (45secs)  4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Strength Circuit	Pulse Lunge with twist R Leg (45secs)			Strength Circuit	Forward and back Hover (45secs)	
		Bolt (45secs)				Step back or jump lunges (45secs)	
		Pulse Lunge with twist L Leg (45secs)				Press Ups (45secs)	
		Press Ups (45secs)				Burpee or jump squats (45secs)	
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	
	Recovery:	1 min			Recovery:	1 min	
	Dum Cat	Applies and small state (Only)			Due C-t-	Amino out and back (Only base)	
	Run Set:  Recovery:	4mins out and back (2min turnaround)  1 min			Run Set: Recovery:	4mins out and back (2min turnaround)  1 min	
	-						
	Run Set:	4mins out and back (2min turnaround)			Run Set:	4mins out and back (2min turnaround)	



eturn Programn	me: Evening						
Week	Mon - Own Session	Tues - Group Session	Wed	Thurs - Group Session	Fri - Own Session	Sat - Group Session	Sun
1	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30min	8km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
2	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30min	10km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
3	5-6km Easy run	Track Session 1 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30min	13km run After 20mins do 35mins at 8/10 intensity or goal pace	Rest day Stretch
4	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 1 See Notes	Walk 30min	10km run After 20mins do 30mins at 8/10 intensity or goal pace	Rest day Stretch
5	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Walk 30min	12km run Do 2nd Half at 8/10 intensity or goal pace	Rest day Stretch
6	5-6km Easy run	Track Session 2 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Walk 30min	8km Time Trial Race	Rest day Stretch
7	5-6km Easy run	Track Session 3 See Notes	Rest day Stretch	Strength/Repeats - Session 2 See Notes	Walk 30min	14km Do 2nd Half at 8/10 intensity or goal pace	Rest day Stretch
8	5-6km Easy run	Track Session 3 See Notes	Rest day	40min easy run Easy Run	Walk 30min	10km Run day  Kick butt!	Sleep in ;-
otes: ack Sessions	Our coach will guide you	through these track sessions and call out your s	sets.				
ack Session 1 ack Session 2 ack Session 3	Strength warm up / 5 x 2	5min efforts @ 80% effort then 90secs @ 100% 2.5min efforts @ 80% effort then 2min @ 100% .5min efforts @ 80% effort then 1min @ 100%	effort / 3min recovery b	petween each			
rength/Repeats	Our coach will guide you	through this session.					
rength/Repeats	Our coach will guide you a					s but please know what the session involves before you come	e to the sessio
trength/Repeats	Session Description:	This session combines strength work and inte			ong the course each time.	s but please know what the session involves before you come	e to the sessio
rength/Repeats		This session combines strength work and inte				s but please know what the session involves before you come	e to the session
trength/Repeats	Session 1 (Weeks 1-4)	This session combines strength work and intertiming is the key for this session, we want questional examples of the session of			Session 2 (Weeks 5-7)	2.5mins Out and back  Inch worm (45secs)  Pulse Squats (45secs)	e to the sessi
trength/Repeats	Session Description:  Session 1 (Weeks 1-4)  5min light jog warm up	This session combines strength work and intertiming is the key for this session, we want question.  2.5mins Out and back  Squat/Step Back Lunge (45secs)			Session 2 (Weeks 5-7) 5min light jog warm up	2.5mins Out and back  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs)	e to the sessi
rength/Repeats	Session Description:  Session 1 (Weeks 1-4)  5min light jog warm up	This session combines strength work and intertiming is the key for this session, we want question and back  2.5mins Out and back  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)			Session 2 (Weeks 5-7) 5min light jog warm up	2.5mins Out and back  Inch worm (45secs)  Pulse Squats (45secs)	e to the session
rength/Repeats	Session Description:  Session 1 (Weeks 1-4)  5min light jog warm up  Strength Circuit	This session combines strength work and intertiming is the key for this session, we want question and back  2.5mins Out and back  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)			Session 2 (Weeks 5-7)  5min light jog warm up  Strength Circuit	2.5mins Out and back  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs)	e to the session
trength/Repeats	Session Description:  Session 1 (Weeks 1-4)  5min light jog warm up  Strength Circuit  Run Set:  Recovery:	This session combines strength work and intertiming is the key for this session, we want question and back  2.5mins Out and back  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min			Session 2 (Weeks 5-7)  5min light jog warm up  Strength Circuit  Run Set:  Recovery:	2.5mins Out and back  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min	e to the session
rength/Repeats	Session Description:  Session 1 (Weeks 1-4)  5min light jog warm up  Strength Circuit  Run Set:	This session combines strength work and intertiming is the key for this session, we want question and back  2.5mins Out and back  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)			Session 2 (Weeks 5-7)  5min light jog warm up  Strength Circuit  Run Set:	2.5mins Out and back  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround)	e to the sessi
trength/Repeats	Session Description:  Session 1 (Weeks 1-4)  5min light jog warm up  Strength Circuit  Run Set:  Recovery:	This session combines strength work and intertiming is the key for this session, we want question and back  2.5mins Out and back  Squat/Step Back Lunge (45secs)  Rolling Plank (45secs)  Squat/Calf Raise (45secs)  Press Ups (45secs)  4mins out and back (2min turnaround)  1 min  Pulse Lunge with twist R Leg (45secs)  Bolt (45secs)  Pulse Lunge with twist L Leg (45secs)			Session 2 (Weeks 5-7)  5min light jog warm up  Strength Circuit  Run Set:  Recovery:	2.5mins Out and back  Inch worm (45secs) Pulse Squats (45secs) Press Ups (45secs) Burpee or jump squats (45secs) 4mins out and back (2min turnaround) 1 min  Forward and back Hover (45secs) Step back or jump lunges (45secs) Press Ups (45secs)	e to the sessi
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