

Here are some key benefits of this session and how it makes you a better runner:

➤ **Controls Your Gears**

3 min → 2 min → 1 min, getting faster each time. Your legs learn to shift up cleanly instead of lurching into a new pace.

➤ **Builds a Powerful Finish**

The hardest minute comes last, on tired legs. That's exactly how you dig out a strong finish in a race.

➤ **Clears the Burn Faster**

Short rests force your body to flush that heavy-leg feeling while still moving. Do this enough and faster paces start to feel easier for longer.

➤ **Sharpens Your Top-End Engine**

That 2-minute effort at 5k pace sits right in the zone that grows your aerobic ceiling — the fitness that makes every pace below it feel more comfortable.

➤ **Big Effort, No Burnout**

Splitting the work into shrinking reps banks 6 solid minutes of fast running with good form, instead of fading through one long grind.

➤ **Recovery Works For You**

Notice the rest gets longer as the reps get harder — 1 min, 1 min, then 2 min. That's on purpose: a full reset before the toughest part.

➤ **Keeps Your Mind in the Game**

Pace and time change every single rep, so you're always focused on the next target — never just watching a clock.

MFRC

Thrilling Thursday



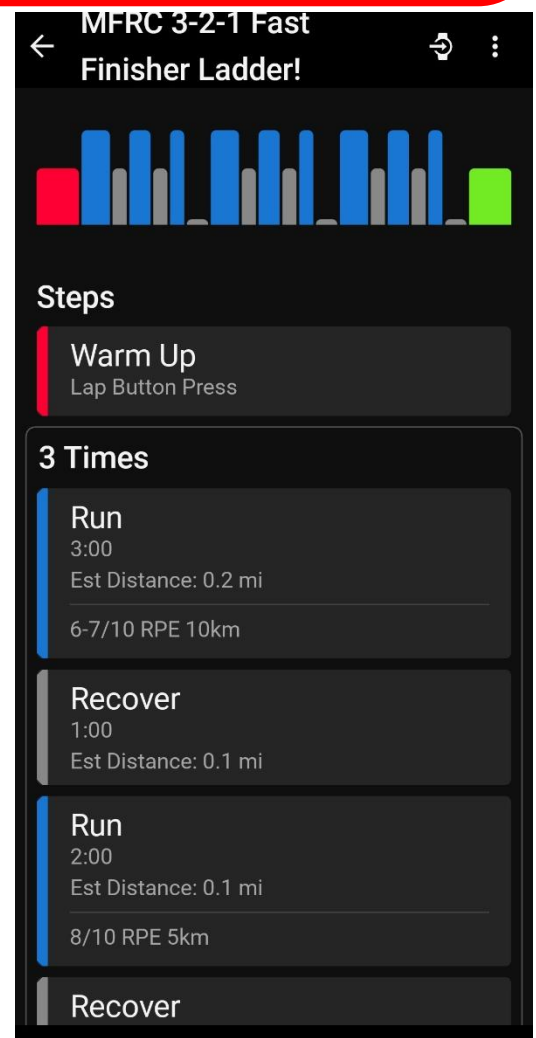
3-2-1 Fast Finisher Ladder!

1. Warm Up (15mins)- run to the carpark at a gentle / chatty pace

- Dynamic Running Drills (High knees, butt kicks, walking lunges, skipping, shoo the chickens)
- 3 x 60m Strides to prime the neuromuscular system

2. Main (30mins) - Run in a loop around the carpark.

- 3 minutes @10k pace (RPE 6-7/10)
- 1 minute recovery (walk or rest)
- 2 minutes seconds @5km pace 8/10
- 1 minute recovery
- 1 minute HARD - mile pace 9/10
- 2 minute - walk back to start of loop and rest.
- Repeat this 3 times!



3. Cooldown (10mins) - run back to carpark gently.

Full static stretching routine (Calves, Hamstrings, Quadriceps, Hips, Upper Body)