

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

➤ **Gear Changing**

Every rep asks you to shift from a steady cruise straight into a sharp kick. Practising that change ten times over trains your legs and mind to switch gears smoothly, not just when you're fresh.

➤ **Repeated race surges**

Real races aren't won with one big kick at the finish — they're won by surging past someone, holding a hill, or answering a challenge again and again. Ten reps builds that "I can go again" instinct.

➤ **Neuromuscular Speed**

The sharp 30-second surge wakes up fast-twitch fibres that steady running never touches — the ones behind a lighter, punchier stride.

➤ **Lactate tolerance**

Only 60 seconds to recover before the next surge means your body has to learn to clear that "heavy legs" burn fast. Over time this raises the pace you can hold before it hits.

➤ **Aerobic engine building**

Ten reps at 10k pace add up to 15 minutes of quality steady running — spread out so it feels manageable, but still building the aerobic base everything else is built on.

➤ **Pacing discipline**

Hitting the same steady pace and the same surge ten times in a row — not just once — trains the focus and self-control to hold your effort honestly, rep after rep.

MFRC

Thrilling Thursday



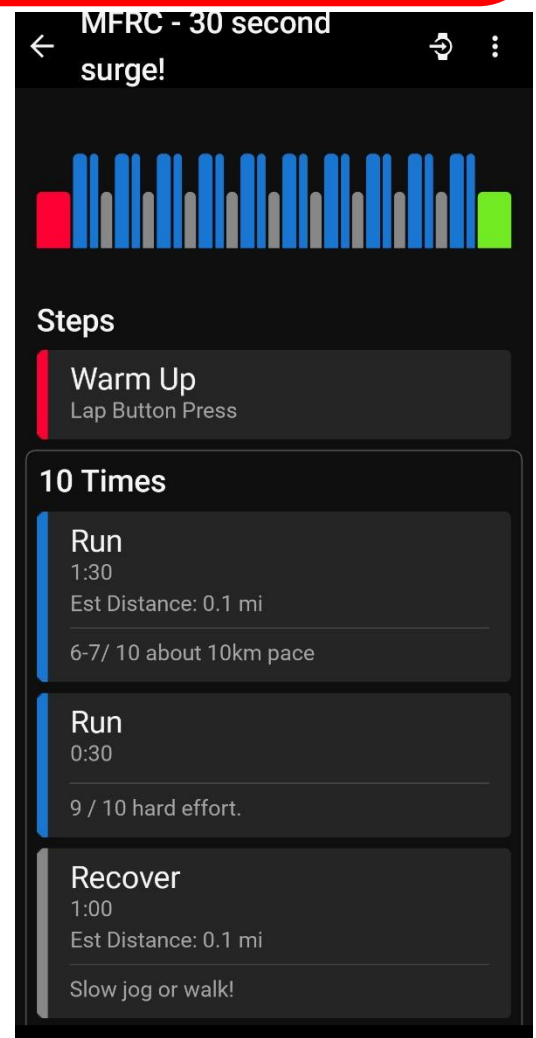
30 second surge!

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.

- 90 seconds @ 10k pace (RPE 6-7/10)
- 30 seconds surge @ Fast (RPE 9/10)
- 60 seconds recovery - slow jog or walk
- Repeat this 10 times!



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

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