

The benefits of this session.

➤ **Trains Perfect Pacing Control** 🎯

Starting comfortable and squeezing the effort up through four gears teaches you to build speed on purpose — not burn it all in the first two minutes.

➤ **Rehearses the Late-Race Push** 🏁

Saving your fastest gear for last, every set, trains your mind to find top speed when your legs are already carrying fatigue.

➤ **Hits Every Gear in One Block** 🔥

Marathon pace, 10k pace, 5k pace, sprint — this set trains your easy engine, your threshold, and your top speed all in a single loop, not just one zone.

➤ **Recovers Without Stopping** 🔄

The opening 4 minutes at marathon pace lets your body settle and clear the previous set's sprint while you're still moving — real race recovery, not a dead stop.

➤ **Sharpens Your Finishing Kick** ⚡

Ending every set with 60 seconds at peak effort wakes up the fast-twitch fibres behind a longer stride and quicker turnover right when you need it.

➤ **Builds a Big Aerobic-to-Threshold Engine** 💪

21 minutes of steady-to-fast running spread across 3 sets — a serious fitness dose without ever tipping into overload.

➤ **Full Reset Keeps Every Set Sharp** 🟢

The 2-minute regroup between sets isn't wasted time — it's what lets set 3 get the same quality effort as set 1.

MFRC



Thrilling Thursday

4, 3, 2, 1... Whoosh

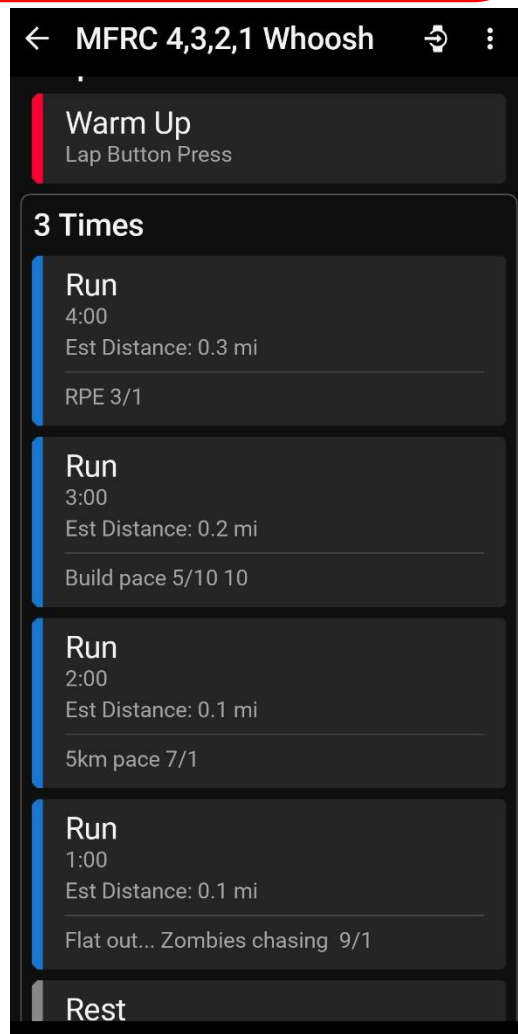
1. Warm Up (15mins)- run to the carpark at a gentle / chatty pace

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

2. Main (35mins) - Run in a loop around the carpark.

3 sets, 2 minutes recover after each set.

- 4-minutes easy effort – marathon pace – RPE 3/10 – fully conversational.
- 3-minutes – 10km pace 5/10
- 2-minutes – 5km pace 7/10
- 1-minute – Sprint finish 9+/10 barely able to reply more than 1 word.
- Rest and regroup at start of lap – 2 minutes and repeat.



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

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