

## Benefits of this session

### ➤ **Trains Mid-Race Surging** 🏃‍♂️

That 1-minute hard burst in the middle of easy running is exactly what you need when you have to pass someone, punch up a hill, or squeeze through a gap — without blowing up after.

### ➤ **Masters Active Recovery** 🔄

Dropping to RPE 6 after the surge — not stopping — teaches your body to clear the burn while still moving. That's how real races recover too.

### ➤ **Rehearses Race Moves** 🎯

"Surge to overtake" isn't just a cue — it's practice. Your body and mind learn what an overtake actually feels like, so it's second nature on race day.

### ➤ **Banks Serious Fast Volume** 💪

9 sets like this lock in 9 minutes of hard running and 18 minutes of steady running — a big fitness dose split into pieces you can actually sustain with good form.

### ➤ **Builds Mental Toughness** 🧠

Three surges per set, three sets total — nine times you have to answer the call. That repetition builds the resilience to keep responding when your legs want to say no.

### ➤ **Builds Durability** 🕒

Racking up 35 minutes of on-and-off effort trains your legs to hold form and pace late into a session — not just for one hard rep, but for the long haul.

### ➤ **Keeps Quality High Between Sets** ⌚

The full 2-minute regroup lets your heart rate settle enough that every surge — from the first to the last — gets your best effort, not a tired shadow of it.

# MFRC

## Thrilling Thursday



### Settle and Surge

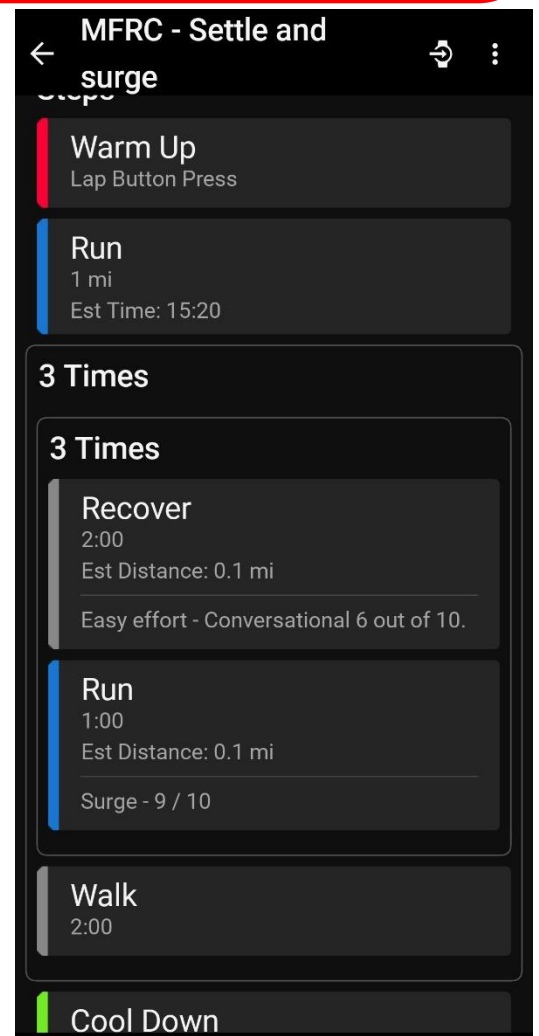
1. Warm Up (15mins) - run to the carpark at a gentle / chatty pace

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

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

3 sets of 3.

- 2-minutes easy effort - 'Settle into a comfortable pace - RPE 6/10
- 1-minute hard effort - 'Surge to overtake' - RPE 9/10
- Repeat this pattern three times
- Rest and regroup at start of lap - 2 minutes.



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

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