

5 Benefits of This Workout

1. Builds Top-End Speed

- **How it helps:** Running at your 5km race pace (8/10 effort) teaches your legs to move faster and pushes your body out of its comfort zone.
- **Why it makes you better:** Over time, your usual steady pace will feel much lighter and easier to maintain.

2. Strengthens Your Heart and Lungs

- **How it helps:** Switching between high effort and easy recovery forces your heart rate to jump up and down, training your cardiovascular system to adapt quickly.
- **Why it makes you better:** It increases your aerobic capacity (VO2 max), meaning your body becomes much more efficient at delivering oxygen to your muscles.

3. Teaches How to Flush Out Fatigue

- **How it helps:** By keeping a slow jog during the 1:30 recovery instead of walking, your heart continues pumping blood through tired muscles.
- **Why it makes you better:** It trains your body to process and clear out the waste products that cause your legs to feel heavy, allowing you to recover faster while still on the move during races.

4. Builds Mental Toughness & Pacing Control

- **How it helps:** Completing 10 full sets requires focus. You have to gauge your speed so you don't burn out on set 3, but still hit all 10 reps consistently.
- **Why it makes you better:** You learn your body's true effort levels, preventing you from starting races too fast and giving you the mental grit to push through tough patches.

5. Improves Running Mechanics and Form

- **How it helps:** When you run faster at an 8/10 effort, your stride naturally opens up, your feet land closer beneath your body, and your arms pump stronger.
- **Why it makes you better:** Repeated short bursts of good form reinforce muscle memory, helping you become a cleaner, more efficient runner even at slower paces.

MFRC

Thrilling Thursday



The Equalizer

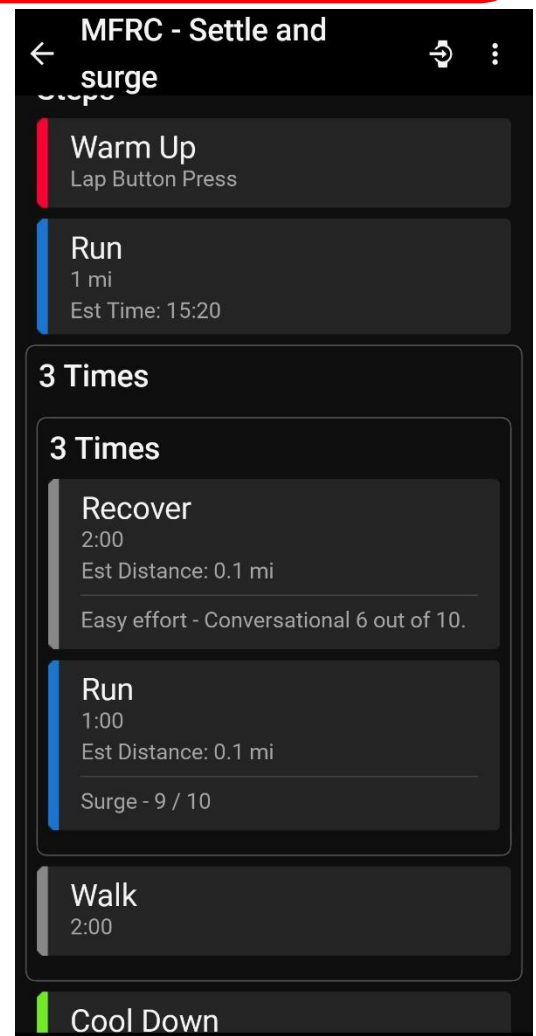
1. Warm Up (15mins)- run to the carpark at a gentle / chatty pace

- 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.

10 sets!

- 1:30-minute hard effort – target 5km pace 8/10
- 1:30-minute easy / recovery effort – RPE 3/10 Try not to walk!
- Repeat this pattern 10 times



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

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