

Track plan for 7th December 2022 – Eric Winston

Mono -Fartlek

6min at 10k pace

jog 90secs

2x90 sec at 5k pace

90sec jog rec

2x60 secs qt 5k pace

90sec jog rec

2x30 secs at 5k pace

90sec jog rec

2x15 secs 'fast'

30sec jog rec

2min at HM pace