

# TRY THE TRACK

4<sup>th</sup> March 2026

Session for Wednesday 4th March.

Warm up and drills.

6 x 3 minutes with 90 seconds recovery.

Efforts 1,3 and 5 at 10k pace

Efforts 2,4 and 6 at 5k pace

Cool down

Coaches are Yvonne Goodsell and Kirstin Homewood.

Please book online prior to the session so we can monitor numbers for safety reasons.