

Tuesday, Sept. 8, 2009
Speed Run



WU 1 mi build from ez to moderate pace.

4 x 15 sec pickups* w/ 15 sec walk recovery.

4 x 30 sec pickups w/ 30 sec walk recovery.

Bridge Repeats ($\frac{1}{4}$ mi up, $\frac{1}{4}$ mi down):

6 x $\frac{1}{2}$ mi sprints on 2 min jog/walk recovery.

CD 1 mi ez jog, end with walk.

Static stretch

*Pickups – build speed throughout time period,
hitting top speed at very end of time period.