

1 km seafront intervals



Part one – warm up (10 mins)

- jog around 1 km interval loop (red on photo)
- dynamic warm up exercises for 200 m to and from start point – runner's choice
 - eg - high knees – bum kicks – lunges – grapevines – side steps – tip toes – ankle walking – knee hugs - hamstrings

Part two – 1 km intervals (30 mins)

- run around indicated loop – **pace should be desired 5k pace**
- static recovery 1-2 mins at start (green arrow)
- repeat for 30 mins

Part three – static stretches (10 mins)

- static stretches – runner's choice
 - eg - hamstrings – calves – quads – IT band – hips - shoulders – arms – back

