

300 m Intervals



Road Runners

Part one – warm up (10 mins)

- jog around track at the Sports Park, including dynamic warm up exercises – runner's choice
 - eg - high knees – bum kicks – lunges – grapevines – side steps – tip toes – ankle walking – knee hugs - hamstrings

Part two – 300m intervals (30 mins)

- recovery jog from track to start point (blue by green triangle)
- run from start point to second start point (white arrow) – **pace should be desired 5k pace**
- recovery jog (blue)
- repeat for 30 mins
- after 30 mins reconvene and cool down jog back to Sports Park

Part three – static stretches (10 mins)

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

