

Harbour Curve Intervals



Part one – warm up (10 mins)

- Jog from car park to outer harbour (blue section)
- dynamic warm up exercises for 200 m to start point – runner's choice
 - eg - high knees – bum kicks – lunges – grapevines – side steps – tip toes – ankle walking – knee hugs - hamstrings

Part two – 800m intervals (40 mins)

- run to other end of curve and return (red section - approx. 800m) – **pace should be desired 5k pace**
- 2 min recovery – static or dynamic – runners' choice
- repeat for 30 mins
- after 30 mins reconvene and cool down jog back to car park

Part three – static stretches (10 mins)

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

