

Meet & Retreat



Part one – warm up (10 mins)

- jog to half-way point – 350 m
- dynamic warm up exercises for 200 m – runner's choice
 - eg - high knees – bum kicks – lunges – grapevines – side steps – tip toes – ankle walking
- short jog back to start – 150 m

Part two – meet and retreat session (25 mins)

- with a partner, run in opposite directions around the track – **pace should be desired 5k pace**
- when you meet, high-five/do-si-do/fist bump and run back to the start (you should get back at the same time)
- 1 min recovery – static or dynamic – runners' choice
- repeat for 10 mins
- after 10 mins we will reconvene, and everyone will repeat the session in the opposite direction

Part three – static stretches (10 mins)

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