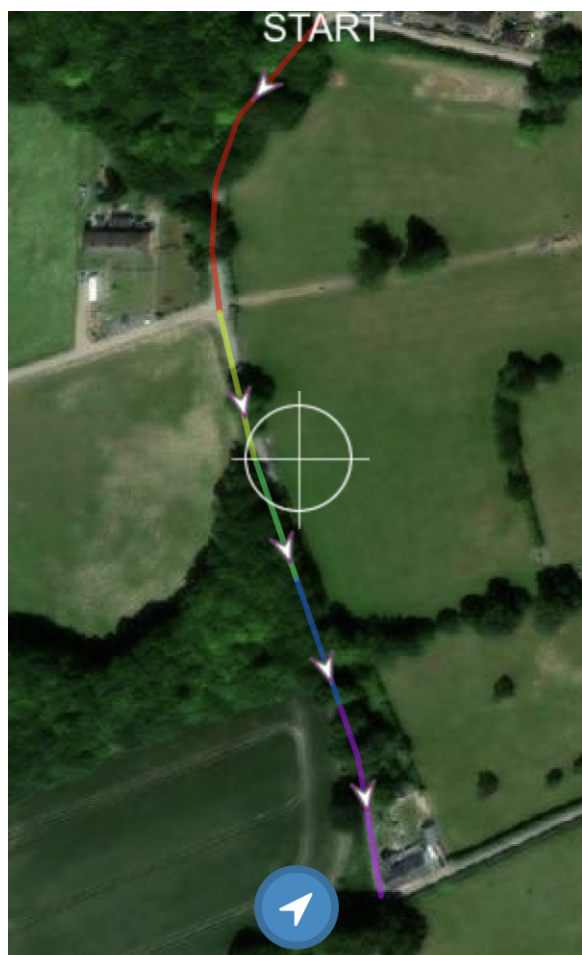




**Train, don't strain!**

| Intervals       | BOOM Pyramid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <a href="#">RAMP</a> |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1.8             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                      |
| <b>Effort</b>   | <i>"Comfortably hard"</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                      |
| <b>Purpose</b>  | Incremental increase/decrease of interval time.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                      |
| <b>Tip</b>      | <ul style="list-style-type: none"> <li>• Try to increase pace for shorter reps</li> <li>• Ease off for longer reps.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                      |
| <b>Warm up</b>  | RPE 3 "Easy" gentle jog to location then;                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                      |
| <b>Main set</b> | <p>RPE 3 "Easy" jog down Tanners Lane</p> <p>Then "The Common" repeats doing this...</p> <ul style="list-style-type: none"> <li>• 0:30 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 0:45 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 1:00 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 1:15 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 1:30 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 1:15 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 1:00 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 0:45 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> <li>• 0:30 RPE 8 "Hard", 1 min RPE 3 "Easy"</li> </ul> <p>Repeat x2 would be 40 min run</p> <p>Fast groups run back to slower groups during 1 min "Easy".</p> <p><b><u>OR</u></b></p> <p>Common repeats but for distance not time (See picture below for visual points of reference)</p> |                      |

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  | <ul style="list-style-type: none"> <li>• Yomp start ( YYS ) to First house on Right RPE 8 “Hard”, Return to start ( RTS ) RPE 3 “Easy”</li> <li>• YYS to Start of Treeline on the Right RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to halfway up the hill RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to crest of hill RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to first house on the left RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to crest of hill RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to halfway up the hill RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to Start of Treeline on the Right RPE 8 “Hard”, RTS RPE 3 “Easy”</li> <li>• YYS to First house on Right RPE 8 “Hard”, RTS RPE 3 “Easy” .</li> </ul> |
| <b>Cool down</b> | <p>RPE 3 “Easy” gentle jog back to Rec. Or “Super easy” loop of football pitch.<br/>Consider walking prior to ending cool down</p> <p><a href="#">*Static stretches at Rec</a></p> <p><a href="http://tinyurl.com/SRC-RPE-scale">http://tinyurl.com/SRC-RPE-scale</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |



RED LINE IS THE FIRST REP

YELLOW LINE IS HOW MUCH FURTHER YOU RUN FOR THE 2ND REP

GREEN LINE IS FOR THE THIRD REP

BLUE LINE IS FOR THE FOURTH REP

PURPLE LINE IS FOR THE FIFTH REP.

RUN IN THE ORDER

RED, YELLOW, GREEN, BLUE, PURPLE, BLUE, GREEN, YELLOW, RED