

## **Negative Split - Session 1**

COVID-19 - Important – please follow all Government and England Athletics Guidelines on C-19 precautions when planning and undertaking this session

### **Objective**

This is an 'out and back' run where the objective is to complete the return leg 2 minutes quicker than the outward leg.

### **Skills development**

This will help you to develop pace judgement taking into account elevation gain / loss on the route and the effort needed to achieve a 'negative split' (i.e. doing the 2<sup>nd</sup> part of a run / race faster than the first part).

### **Route**

Find a route where you can run in a single direction away from your chosen start point for 20 mins.

Try to avoid road crossings or any other hazard that will impede you. Laps / Looped route could also be considered if you want it completely traffic free.

### **Warm up**

A + B Pack – 15 mins

C, D + E pack – approx. 5 - 10 mins

### **Session**

From your chosen start point run for 20 minutes in a single direction

After 20 minutes turn around and retrace your route with the intention of getting back to your start point within 18 minutes. Take care at road crossings or other hazards

### **Recovery / Warm down**

A + B Pack – 15 mins

C, D + E pack – approx. 5 - 10 mins