

## **20 seconds per mile**

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

### **Session description**

Run a specified distance but at the start of each mile put in an effort of 20 seconds.

Note this might not seem to be a lot of efforts in the session but the idea is to run between the efforts at your own tempo pace and not at a slower recovery pace.

So, the effort is a short blast, 20-30 secs (timing doesn't have to be exact) short recovery then continue to the next start point at individual tempo pace.

### **Route / location**

Choose any route where you can keep an eye on your watch without putting yourself at risk. Try to avoid efforts crossing road junctions (delay starting the effort if necessary). If you have a watch that measures distance then set it to buzz every mile.

### **Warm up**

A + B Pack – 15 mins

C, D + E pack – approx. 5 - 10 mins

### **Session**

Pack A – 7 miles

Pack B – 6 miles

Packs C – 5 miles

Pack D – 4 / 5 miles

Pack E – 3 miles

### **Recovery / Warm down**

A + B Pack – 15 mins

C, D + E pack – approx. 5 - 10 mins