MASTE	RS /of / TRI / - STRENGTH SESSIONS	RUNNING
A. Carlotte		MB A
MINIMA	THE THE TRUE TO A STATE OF THE	
W∕ARM UP:		
	Indoors - 10min EASY on a 1% incline	
Outdoors - 10min EASY to a hill		
W∕EEK	MAIN SET	TOTAL TIME
	2x(5x1min) as: 30sec up hill (5% incline) at MEDIUM-HARD effort ,	
1	30sec fast walk back down or on 2% incline	12min
Intro		
	• 2min EASY run on a flat (1%) after the 1st round	
	2x(6x1min) as:	
2	30sec up hill (5% incline) at MEDIUM-HARD effort ,	44 .
Build	30sec fast walk back down or on 2% incline	14min
	• 2min EASY run on a flat (1%) after the 1st round	
	2x(5x1min) as:	
3	30sec up hill (5% incline) at MEDIUM-HARD effort ,	
De-load	30sec fast walk back down or on 2% incline	12min
	2 2min FASV run on a flat (10/) after the 1st round	
	• 2min EASY run on a flat (1%) after the 1st round 3x(4x1min) as:	
	30sec up hill (5% incline) at MEDIUM-HARD effort ,	
4 Build	30sec fast walk back down or on 2% incline	16min
	• 2min EASY run on a flat (1%) after the 1st and 2nd round	
	3x(5x1min) as:	
5	30sec up hill (5% incline) at MEDIUM-HARD effort ,	
Build	30sec fast walk back down or on 2% incline	19min
	• 2min EASY run on a flat (1%) after the 1st and 2nd round	
	4x(3x1min) as:	
6	30sec up hill (5% incline) at MEDIUM-HARD effort ,	10
De-load	30sec fast walk back down or on 2% incline	18min
	• 2min EASY run on a flat (1%) after the 1st, 2nd & 3rd round	
COOL DOWN:		
10-20min EASY effort to finish / return home		
KEY:		
MEDIUM / HARD	The effort to run at, HARD is on the muscles, not heart ra	te / breathing
·	Use the treadmill incline setting to select stated incline %	
x% incline	If doing sessions outdoors use websites to find incline or guess	