

JBST RUN SMART	Summer Tri-Fatigue Session
Aim: Theme:	to hit high increasing levels of lactate with no recovery fast-paced progressive effort

53'-73'	
10' WARM UP	2' very easy jog 3' light running 3' running at 70% of HRmax 2' light stretching of calfs, quads lower back, shoulders and neck.
10' BUILDING SET	2' steady then [8 x 30" effort + 30" jog] increase effort through reps HR peaking at 75% building to 83% of HRmax
21' MAIN SET	3 x 7' @ 83, 85 and 87% HRmax* starts comfortable but gets hard at the end no recovery between 7' segments *build this to 85,87,89% at most
5-8' STEADY RUN	~1 mile steady hold good form but keep <80% HRmax
4' COOL DOWN	Relaxed jogging (chat or nose breathe) alternatively spin on indoor trainer (Cool legs if hot day or muscles sore) (use 50-80g Rego to aid recovery)