

## **Beach Running**

<b>Run session (1)</b>	<b>Session details</b>	<b>Session Notes</b>
Warm up	Run 2km -5km	Stretch Warm Up at 50% -60 %
Main session	5 × 1 km (walk back start next 1 km)	Work out at 60% -70 %
Cool Down	2 Km	Stretch <i>Cool Down must be active to remove lactate</i>