

Beach Running

Run Session (2)	Session details	Session Notes
Warm up	Run 2km- 5km	Stretch Warm Up at 50% -60 %
Main session	5 × 100m 30 sec rest 2 × 200m/45sec rest 3 × 400m/ 1min rest 30	Work out at 60% -70 %
Cool Down	1 km	Stretch <i>Cool Down must be active to remove lactate</i>