



Workout 3

10 mins warm up

- 5 mins fs
- 5 mins form

25 mins Main Set

- 4 mins 70% + 1 min race pace
- 4 mins 80% + 1 min race pace
- 4 mins 90% + 1 min race pace
- 3 mins 80% + 2 min race pace
- 2 mins 70% + 3 min race pace

5 mins cool down

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