Session 1: Fartlek Running:

30sec @ "high" intensity, 15sec @ "low" intensity:
Until 8 minutes are completed

How many? 2 Sets
How long? 8 Minutes
Rest in between? 3 Minutes

* If you have a smartwatch, track the distance covered for the session *

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Session 2:

Interval Running: Bring two items as markers
Mark out approx. 20m length (cricket pitch)

Run a single (20m) – rest 10 seconds
Run a double (up and back) – rest 20 seconds
Run a triple (up, back, up again) – rest 30 seconds
Run a double (up and back) – rest 20 seconds
Run a single (20m) – rest 10 seconds

Rest 2 minutes, complete 3 sets