

#### 4 x 8min blocks of work (2mins recovery)

- **Warm-Up**
- **Block 1 (8mins no-rest):**
  - *Sumo Squats x 20*
  - *Run 300m @ race pace*
  - *Plank Jacks x 20*
  - *Run 300m @ race pace*
  - *Repeat...*
- **2min Walking Recovery**
- **Block 2 (8mins no-rest):**
  - *Lateral Lunge x 15 each leg*
  - *Run 300m @ race pace*
  - *Mountain Climber Press-Up x 12 each leg*
  - *Run 300m @ race pace*
  - *Repeat...*
- **2min Walking Recovery**
- **Block 3 (8mins no-rest):**
  - *High Step-Up x 15 each leg*
  - *Run 300m @ race pace*
  - *Single Leg Deadlift x 15 each leg*
  - *Run 300m @ race pace*
  - *Repeat...*
- **2min Walking Recovery**
- **Block 4 (8mins no-rest):**
  - *Single Leg Glute Bridge x 15 each leg*
  - *Run 300m @ race pace*
  - *4-point Donkey Kicks x 15 each leg*
  - *Run 300m @ race pace*
  - *Repeat...*
- **Cool Down**