

25.02.08 Form picking up....specific training encouraging

In 5 weeks the real racing starts, so today I did a 5km threshold effort and Joe Colgrove B grade criterium bike race combo. The run was at the Marathon Club Pt Walter 5km and 15.22 was a solid effort and then I got away with a small group at the crit but got pipped at the finish. Big thanks to the Cyclemania team for their work keeping the chasing pack at bay.

Train smart,
Radar