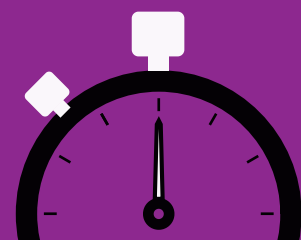




MUDGEES RUNNING Festival



5km Program

Week 1 of 8

Intensity Scale

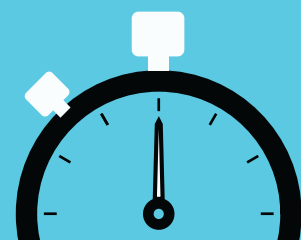
1 2 3 4 5 6 7 8 9 10
 Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Aerobic Session 3-4 x 6min easy running <ul style="list-style-type: none"> • take 1min walk recovery between each • intensity should be 5-6/10 		Sprint Session 10min easy running —— 6 x 20sec sprints at intensity 8-9/10 <ul style="list-style-type: none"> • with 60sec easy walk/run between each —— 5min easy running		Endurance Session 3 x 10min easy to moderate running <ul style="list-style-type: none"> • take 2-4min walk recovery between each • Intensity should be 4-5 	
	Total = 20-26min		Total = 23min		Total = 34-38min	





MUDGEERUNNING Festival



5km Program

Week 2 of 8

Intensity Scale

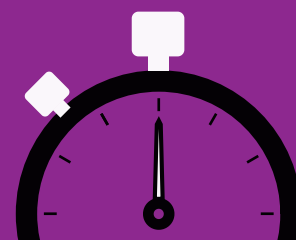
1 2 3 4 5 6 7 8 9 10
Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Sprint Session</p> <p>10min easy running ——</p> <p>2 x 4 x 30sec sprints at intensity 8-9/10</p> <ul style="list-style-type: none"> • with 60sec easy walk/run between each • have an extra 60sec rest between sets <p>——</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>5-6 x 5min easy running</p> <ul style="list-style-type: none"> • take 1min walk recovery between each • alternate each 5min between 2-3/10 and 5-6/10 intensity 		<p>Endurance Session</p> <p>4 x 8min easy to moderate running</p> <ul style="list-style-type: none"> • take 1-2min walk recovery between each • Intensity should be 3-5 	
	Total = 28min		Total = 29–35min		Total = 35–38min	





MUDGEES RUNNING Festival



5km Program

Week 3 of 8

Intensity Scale

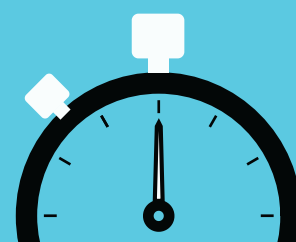
1 2 3 4 5 6 7 8 9 10
 Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Hill Sprint Session</p> <p>10min easy running ——</p> <p>10 x 30sec uphill sprints at intensity 7-9/10</p> <ul style="list-style-type: none"> • with 60sec easy walk/run downhill between each • choose a hill that's not too steep <p>——</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>5-6 x 5min easy running</p> <ul style="list-style-type: none"> • take 1min walk recovery between each • #1 at 1-2/10 • #2 at 3-4/10 • # 3 at 5-6/10 • # 4 at 7+/10 • # 5 (& 6) at 1-2/10 		<p>Endurance Session</p> <p>3 x 13min easy to moderate running</p> <ul style="list-style-type: none"> • take 2min walk recovery between each • Intensity should be 3-5 	
	Total = 30min		Total = 29-35min		Total = 43min	





MUDGEES RUNNING Festival



5km Program

Week 4 of 8

Intensity Scale

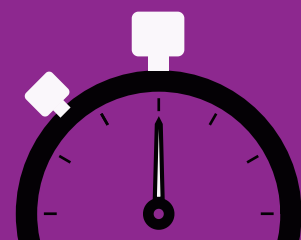
1 2 3 4 5 6 7 8 9 10
 Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Hill Sprint Session</p> <p>10min easy running ---</p> <p>10 x 30sec uphill sprints at intensity 7-9/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run downhill between each choose a hill that's not too steep <p>---</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>5min easy running ---</p> <p>5 x 5min getting faster within each 5min</p> <ul style="list-style-type: none"> aim to start at 2/10 and work towards 8/10 rest 2min between each <p>---</p> <p>5min cool down</p>		<p>Recovery Session</p> <p>15 x 1min easy running</p> <ul style="list-style-type: none"> take 1min walk recovery after each 	<p>Endurance Session</p> <p>2 x 20min easy to moderate running</p> <ul style="list-style-type: none"> take 2min walk recovery between each Intensity should be 3-5 	
Total = 30min		Total = 43min		Total = 30min	Total = 42min	





Mudgee Running Festival



5km Program

Week 5 of 8

Intensity Scale

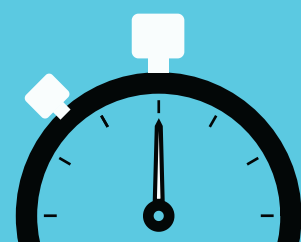
1 2 3 4 5 6 7 8 9 10
 Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Speed Session</p> <p>10min easy running</p> <ul style="list-style-type: none"> stretch <p>---</p> <p>2 x 6 x 200m intervals at intensity 7-8/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run between each take an extra 60sec rest between sets <p>---</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>20min easy running</p> <p>---</p> <p>1 x 10min getting faster within the interval</p> <ul style="list-style-type: none"> aim to start at 2/10 and work towards 8/10 <p>---</p> <p>5min cool down</p>		<p>Recovery Session</p> <p>15 x 1min easy running</p> <ul style="list-style-type: none"> take 1min walk recovery after each 	<p>Endurance Session</p> <p>30min easy to moderate running</p> <ul style="list-style-type: none"> rest 2min <p>10min easy running</p> <ul style="list-style-type: none"> Intensity should be 3-5 	
Total = 36min		Total = 35min		Total = 30min	Total = 42min	





MUDGEE RUNNING Festival



5km Program

Week 6 of 8

Intensity Scale

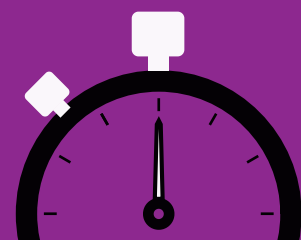
1 2 3 4 5 6 7 8 9 10
 Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Race Pace Session</p> <p>10min easy running</p> <ul style="list-style-type: none"> stretch <p>---</p> <p>6 x 400m intervals at intensity 7-8/10</p> <ul style="list-style-type: none"> with 90sec easy walk/run between each <p>---</p> <p>5-10min easy running</p>		<p>Recovery Session</p> <p>20min easy running</p> <ul style="list-style-type: none"> intensity at 2-3/10 		<p>Tempo Session</p> <p>15min easy running</p> <p>---</p> <p>1 x 12min</p> <ul style="list-style-type: none"> continuous intensity at 6-7/10 <p>---</p> <p>5min cool down</p>		<p>Endurance Session</p> <p>35-45min easy to moderate running</p> <ul style="list-style-type: none"> at intensity 4-5/10 continuous
Total = 36-41min		Total = 20min		Total = 32min		Total = 35-45min





Mudgee Running Festival



5km Program

Week 7 of 8

Intensity Scale

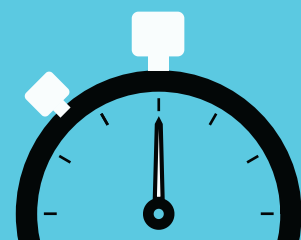
1 2 3 4 5 6 7 8 9 10
Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Race Pace Session</p> <p>10min easy running</p> <ul style="list-style-type: none"> stretch <p>---</p> <p>8 x 400m intervals at intensity 7-8/10</p> <ul style="list-style-type: none"> with 90sec easy walk/run between each <p>---</p> <p>5-10min easy running</p>		<p>Tempo Session</p> <p>15min easy running</p> <p>---</p> <p>1 x 15min</p> <ul style="list-style-type: none"> continuous intensity at 6-7/10 <p>---</p> <p>5min cool down</p>		<p>Aerobic Session</p> <p>30min easy to moderate running</p> <ul style="list-style-type: none"> at intensity 4-5/10 continuous <p>** if possible, choose a surface similar to the surface you will race on.</p>	
	Total = 36-41min		Total = 35min		Total = 30min	





MUDGEE RUNNING Festival



5km Program

Week 8 of 8

Intensity Scale

1 2 3 4 5 6 7 8 9 10
 Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Sprint Session</p> <p>10min easy running</p> <ul style="list-style-type: none"> stretch <p>—</p> <p>4 x 200m intervals at intensity 7/10</p> <ul style="list-style-type: none"> with 30sec easy walk/run between each <p>—</p> <p>5-10min easy running</p>		<p>Recovery Session</p> <p>15-20min easy running</p> <ul style="list-style-type: none"> stretch and recover afterwards 			<p>Mudgee Running Festival Race Day – 20th August 2023!!</p>
	Total = 20–25min		Total = 15–20min			

