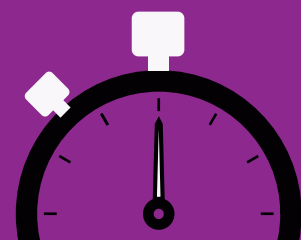




MUDGEES RUNNING Festival



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	

