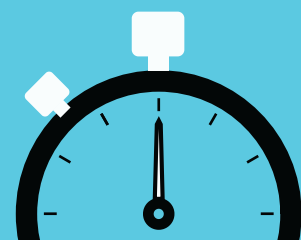


MUDGEE RUNNING Festival



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	

