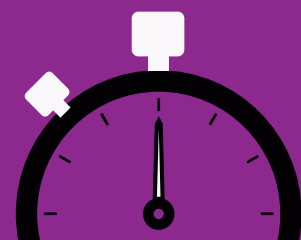




MUDGEES RUNNING Festival



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	

