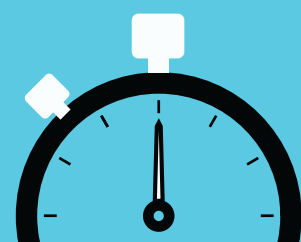


# MUDGEERUNNING

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

