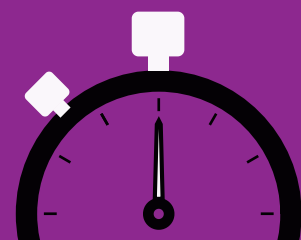




Mudgee Running Festival



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	

