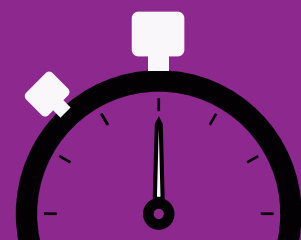




# Mudgee Running Festival



## 5km Program

Week 7 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>Race Pace Session</b></p> <p>10min easy running</p> <ul style="list-style-type: none"> <li>stretch</li> </ul> <p>---</p> <p>8 x 400m intervals at intensity 7-8/10</p> <ul style="list-style-type: none"> <li>with 90sec easy walk/run between each</li> </ul> <p>---</p> <p>5-10min easy running</p>		<p><b>Tempo Session</b></p> <p>15min easy running</p> <p>---</p> <p>1 x 15min</p> <ul style="list-style-type: none"> <li>continuous</li> <li>intensity at 6-7/10</li> </ul> <p>---</p> <p>5min cool down</p>		<p><b>Aerobic Session</b></p> <p>30min easy to moderate running</p> <ul style="list-style-type: none"> <li>at intensity 4-5/10</li> <li>continuous</li> </ul> <p>** if possible, choose a surface similar to the surface you will race on.</p>	
	<b>Total = 36-41min</b>		<b>Total = 35min</b>		<b>Total = 30min</b>	

