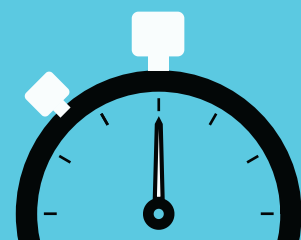




MUDGEE RUNNING Festival



5km Program

Week 8 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> <ul style="list-style-type: none"> stretch <p>—</p> <p>4 x 200m intervals at intensity 7/10</p> <ul style="list-style-type: none"> with 30sec easy walk/run between each <p>—</p> <p>5-10min easy running</p>		<p>Recovery Session</p> <p>15-20min easy running</p> <ul style="list-style-type: none"> stretch and recover afterwards 			<p>Mudgee Running Festival Race Day – 20th August 2023!!</p>
	Total = 20–25min		Total = 15–20min			

