



MUDGEE RUNNING Festival



10km Program

Week 1 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>Aerobic Session</p> <p>3 x 9min easy running</p> <ul style="list-style-type: none"> • take 1min walk recovery between each • intensity should be 5-6/10 		<p>Sprint Session</p> <p>20min easy running</p> <p>—</p> <p>5 x 200m sprints at intensity 8-9/10</p> <ul style="list-style-type: none"> • with 60sec easy walk/run between each 		<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 4-5 	
	Total = 30min		Total = 29min		Total = 45min	





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Week 2 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>20min</p> <ul style="list-style-type: none"> easy running <p>---</p> <p>8 x 200m sprints at intensity 8-9/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run between each <p>---</p> <p>5min</p> <ul style="list-style-type: none"> cool down 		<p>Aerobic Session</p> <p>20min</p> <ul style="list-style-type: none"> easy running intensity at 3-5/10 <p>---</p> <p>2min walk</p> <p>---</p> <p>2x10min</p> <ul style="list-style-type: none"> easy running intensity at 3-5/10 take 1min walk between each 		<p>Recovery Session</p> <p>25min</p> <ul style="list-style-type: none"> easy running intensity at 3-5/10 <p>** be sure to stretch afterwards</p>		<p>Endurance Session</p> <p>3 x 15min easy to moderate running</p> <ul style="list-style-type: none"> take 2min walk recovery between each Intensity should be 4-5
Total = 39min		Total = 43min		Total = 25min		Total = 49min





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Week 3 of 8

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Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Hill Sprint Session</p> <p>10min easy running ——</p> <p>2 x 6 x 30sec uphill sprints</p> <ul style="list-style-type: none"> • at intensity 7-9/10 • with 60sec easy walk/run downhill between each <p>——</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>5 x 8min easy running</p> <ul style="list-style-type: none"> • take 2min walk recovery between each • #1 at 3-5/10 • #2 at 6-7/10 • # 3 at 3-5/10 • # 4 at 6-7/10 • # 5 1-2/10 		<p>Endurance Session</p> <p>35min easy to moderate running</p> <ul style="list-style-type: none"> • continuous • Intensity should be 4-6/10 	
	Total = 33min		Total = 50min		Total = 35min	





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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>Hill Sprint Session</p> <p>10min easy running ---</p> <p>3x 5 x 30sec uphill sprints at intensity 7-9/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run downhill between each <p>---</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>10min easy running ---</p> <p>5 x 5min getting faster within each 5min</p> <ul style="list-style-type: none"> aim to start at 2/10 and work towards 8/10 rest 2min between each <p>---</p> <p>5min cool down</p>		<p>Recovery Session</p> <p>5 x 4min easy running</p> <ul style="list-style-type: none"> take 1min walk recovery between each 		<p>Endurance Session</p> <p>45min easy to moderate running</p> <ul style="list-style-type: none"> continuous Intensity should be 3-5
Total = 38min		Total = 48min		Total = 24min		Total = 45min





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Week 5 of 8

Intensity Scale

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 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>10 x 400m intervals at intensity 7-8/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run between each <p>---</p> <p>5min easy running</p>		<p>Tempo Session</p> <p>20min easy running</p> <ul style="list-style-type: none"> 2-4/10 <p>---</p> <p>1 x 20min</p> <ul style="list-style-type: none"> try to maintain an intensity of 6-8/10 <p>---</p> <p>5min cool down</p>		<p>Recovery Session</p> <p>5 x 4min easy running</p> <ul style="list-style-type: none"> take 1min walk recovery between each 	<p>Endurance Session</p> <p>40min 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 = 40-45min		Total = 45min		Total = 25min	Total = 52min	





MUDGEERUNNING Festival



10km Program

Week 6 of 8

Intensity Scale

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Very Easy Easy Moderate Hard Maximum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Race Pace Session</p> <p>10min easy running</p> <ul style="list-style-type: none"> stretch <p>—</p> <p>10 x 500m intervals at intensity 7-8/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run between each <p>—</p> <p>5min easy running</p>		<p>Recovery Session</p> <p>30min easy running</p> <ul style="list-style-type: none"> intensity at 2-3/10 		<p>Tempo Session</p> <p>8x1km</p> <ul style="list-style-type: none"> alternating intensity <p>#1, 3, 5 & 7 at 3-5/10</p> <p># 2, 4, 6 & 8 at 6-7/10</p> <p>** no rest between each</p>		<p>Endurance Session</p> <p>50min easy to moderate running</p> <ul style="list-style-type: none"> at intensity 4-5/10 continuous
Total = 45-50min		Total = 30min		Total = 45-50min		Total = 50min





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10km Program

Week 7 of 8

Intensity Scale

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Race Pace Session</p> <p>10min easy running</p> <ul style="list-style-type: none"> stretch <p>—</p> <p>7 x 800m intervals at intensity 6-7/10</p> <ul style="list-style-type: none"> with 90sec easy walk/run between each <p>—</p> <p>5min easy running</p>		<p>Aerobic Session</p> <p>8-10km</p> <ul style="list-style-type: none"> continuous at 4-6/10 take a rest if you need it during the run 		<p>Aerobic Session</p> <p>40min easy to moderate running</p> <ul style="list-style-type: none"> at intensity 4-5/10 continuous <p>** if possible, choose a surface similar to the surface you will race on.</p>	
	Total = 55min		Total = 45-60min		Total = 40min	





MUDGEES RUNNING Festival



10km Program

Week 8 of 8

Intensity Scale

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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 400m intervals at intensity 7/10</p> <ul style="list-style-type: none"> with 30sec easy walk/run between each <p>—</p> <p>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>Optional Session</p> <p>10-15min</p> <ul style="list-style-type: none"> easy running include 3-4 x 60m sprints throughout the run 	<p>Mudgee Running Festival Race Day – 20th August 2023!!</p>
	Total = 30min		Total = 15–20min		Total = 10–15min	

