



MUDGEE RUNNING Festival



10km 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 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	

