



Mudgee Running Festival



10km 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>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	

