



MUDGEE RUNNING Festival



10km Program

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

