



MUDGEERUNNING 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	

