



Mudgee Running Festival



10km Program

Week 7 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>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	

