



MUDGEE RUNNING Festival



10km Program

Week 6 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>10 x 500m 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>Recovery Session</p> <p>30min easy running</p> <ul style="list-style-type: none"> intensity at 2-3/10 		<p>Tempo Session</p> <p>8x1km</p> <ul style="list-style-type: none"> alternating intensity <p>#1, 3, 5 & 7 at 3-5/10</p> <p># 2, 4, 6 & 8 at 6-7/10</p> <p>** no rest between each</p>		<p>Endurance Session</p> <p>50min easy to moderate running</p> <ul style="list-style-type: none"> at intensity 4-5/10 continuous
Total = 45-50min		Total = 30min		Total = 45-50min		Total = 50min

