



# MUDGEERUNNING Festival



## 10km Program

Week 3 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><b>Hill Sprint Session</b></p> <p>10min easy running ——</p> <p>2 x 6 x 30sec uphill sprints</p> <ul style="list-style-type: none"> <li>• at intensity 7-9/10</li> <li>• with 60sec easy walk/run downhill between each</li> </ul> <p>——</p> <p>5min easy running</p>		<p><b>Aerobic Session</b></p> <p>5 x 8min easy running</p> <ul style="list-style-type: none"> <li>• take 2min walk recovery between each</li> <li>• #1 at 3-5/10</li> <li>• #2 at 6-7/10</li> <li>• #3 at 3-5/10</li> <li>• #4 at 6-7/10</li> <li>• #5 1-2/10</li> </ul>		<p><b>Endurance Session</b></p> <p>35min easy to moderate running</p> <ul style="list-style-type: none"> <li>• continuous</li> <li>• Intensity should be 4-6/10</li> </ul>	
	<b>Total = 33min</b>		<b>Total = 50min</b>		<b>Total = 35min</b>	

