



MUDGEE RUNNING Festival



10km Program

Week 2 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>Sprint Session</p> <p>20min</p> <ul style="list-style-type: none"> easy running <p>---</p> <p>8 x 200m sprints at intensity 8-9/10</p> <ul style="list-style-type: none"> with 60sec easy walk/run between each <p>---</p> <p>5min</p> <ul style="list-style-type: none"> cool down 		<p>Aerobic Session</p> <p>20min</p> <ul style="list-style-type: none"> easy running intensity at 3-5/10 <p>---</p> <p>2min walk</p> <p>---</p> <p>2x10min</p> <ul style="list-style-type: none"> easy running intensity at 3-5/10 take 1min walk between each 		<p>Recovery Session</p> <p>25min</p> <ul style="list-style-type: none"> easy running intensity at 3-5/10 <p>** be sure to stretch afterwards</p>		<p>Endurance Session</p> <p>3 x 15min easy to moderate running</p> <ul style="list-style-type: none"> take 2min walk recovery between each Intensity should be 4-5
Total = 39min		Total = 43min		Total = 25min		Total = 49min

