

nner Programn	ne:						
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	Jog 3km Walk 5m x2	Rest day
	2.5m Easy / 7mins Faster x3		1m Easy / 3mins Fast x7	Easy run			
urnaround time:	14		14				
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2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	6k run	Rest day
	60sec Easy / 7mins Faster x3		90sec Easy / 2.5mins Fast x6	Easy run			
urnaround time:	12		12				
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3	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	Jog 3.5km Walk 5m x2	Rest day
	60sec Easy / 7.5mins Faster x3		70sec Easy / 2.5mins Fast x6	Easy run			
Turnaround time:	12m 30s		12m 30s				
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4	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	7k run	Rest day
	60sec Easy / 8mins Faster x3		60sec Easy / 2mins Fast x9	Easy run			
Turnaround time:	13m 30s		13m 30s				
5	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	Jog 4km Walk 5m x2	Rest day
	60sec Easy / 9.5mins Faster x3	icst and stretch	60sec Easy / 2mins Fast x10	Easy run	Nest and stretch	Jog Hill Walk Jill AZ	Nest day
urnaround time:	15m 30s		15m 30s	Lasy run			
arnarouna time.	15111 503		13111 303				
6	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	7k run	Rest day
	60sec Easy / 10.5mins Faster x3		60sec Easy / 2mins Fast x10	Easy run			
urnaround time:	17m 0s		17m 0s				
7	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6k	Rest and Stretch	9km	Rest day
	60sec Easy / 9mins Faster x4		60sec Easy / 1.5mins Fast x16	Easy run			•
urnaround time:	20m 0s		20m 0s				
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6k	Rest and Stretch	10k Run day	Sleep in ;-)
<u> </u>	47m easy run	Nest and stretch	50m easy run	Easy run	nest and stretch	Kick butt!	steep iii ,)
urnaround time:	23m 30s		24m 30s	Lasy raii		Men butti	



2 Circu 60sec Edurnaround time: 3 Circu 60sec Edurnaround time: 4 Circu 60sec Edurnaround time: 5 Circu 60sec Edurnaround time: 6 Circu 60sec Edurnaround time: 7 Stren	Mon Touit 1/Long Intervals Easy / 7mins Faster x3 14 Touit 1/Long Intervals Easy / 7mins Faster x3	Tues Rest and Stretch	Wed Circuit 1/Short Intervals 1m Easy / 3mins Fast x7	Thurs 5-6k	Fri	Sat	Sun
1 Circu 2.5m Eaurnaround time: 2 Circu 60sec Eaurnaround time: 4 Circu 60sec Eaurnaround time: 5 Circu 60sec Eaurnaround time: 6 Circu 60sec Eaurnaround time:	rcuit 1/Long Intervals Easy / 7mins Faster x3 14 rcuit 1/Long Intervals		Circuit 1/Short Intervals 1m Easy / 3mins Fast x7		Fri	Sat	Sun
2 Circu 60sec Enurnaround time: 3 Circu 60sec Enurnaround time: 4 Circu 60sec Enurnaround time: 5 Circu 60sec Enurnaround time: 6 Circu 60sec Enurnaround time: 7 Stren	Easy / 7mins Faster x3 14 Couit 1/Long Intervals	Rest and Stretch	1m Easy / 3mins Fast x7	5-6k			
2 Circu 60sec Enurnaround time: 3 Circu 60sec Enurnaround time: 4 Circu 60sec Enurnaround time: 5 Circu 60sec Enurnaround time: 6 Circu 60sec Enurnaround time: 7 Stren	Easy / 7mins Faster x3 14 Couit 1/Long Intervals				Rest and Stretch	6k run	Rest day
2 Circu 60sec Enfurnaround time: 3 Circu 60sec Enfurnaround time: 4 Circu 60sec Enfurnaround time: 5 Circu 60sec Enfurnaround time: Circu 60sec Enfurnaround time: 7 Stren	14 Couit 1/Long Intervals			Easy run			
3 Circu 60sec East Turnaround time: 4 Circu 60sec East Turnaround time: 5 Circu 60sec East Turnaround time: 6 Circu 60sec East Turnaround time: 7 Stren	•		14	, , , , , , , , , , , , , , , , , , ,			
3 Circu 60sec Easturnaround time: 4 Circu 60sec Easturnaround time: 5 Circu 60sec Easturnaround time: Circu 60sec Easturnaround time: 7 Stren	•						
Turnaround time: 3	: Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	7k run	Rest day
Turnaround time: 4 Circu 60sec Eat Turnaround time: 5 Circu 60sec Eat Turnaround time: Circu 60sec Eat Turnaround time: 7 Stren			90sec Easy / 2.5mins Fast x6	Easy run			
Turnaround time: 4 Circu 60sec Eat Turnaround time: 5 Circu 60sec Eat Turnaround time: Circu 60sec Eat Turnaround time: 7 Stren	12		12				
Turnaround time: 4 Circu 60sec Eat Turnaround time: 5 Circu 60sec Eat Turnaround time: Circu 60sec Eat Turnaround time: 7 Stren							
Turnaround time: 4 Circu 60sec Eater Turnaround time: 5 Circu 60sec Eater Turnaround time: 6 Circu 60sec Eater Turnaround time: 7 Stren	cuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	8k run	Rest day
Turnaround time: 4 Circu 60sec E Turnaround time: 5 Circu 60sec Ea Turnaround time: Circu 60sec Eas Turnaround time: 7 Stren	Easy / 7.5mins Faster x3		70sec Easy / 2.5mins Fast x6	Easy run			
5 Circu 60sec Ea Turnaround time: 6 Circu 60sec Ea Turnaround time: 7 Stren	12m 30s		12m 30s	•			
5 Circu 60sec Eat Turnaround time: 6 Circu 60sec Eat Turnaround time: 7 Stren							
5 Circu 60sec East Turnaround time: 6 Circu 60sec East Turnaround time: 7 Stren	cuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	9k run	Rest day
5 Circu 60sec Ea Turnaround time: 6 Circu 60sec Eas Turnaround time: 7 Stren	Easy / 8mins Faster x3		60sec Easy / 2mins Fast x9	Easy run			
6 Circu 60sec East Turnaround time: 6 Circu 60sec East Turnaround time: 7 Stren	13m 30s		13m 30s	•			
6 Circu 60sec East Turnaround time: 7 Stren							
6 Circu 60sec East Turnaround time: 7 Stren	cuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	10k run	Rest day
7 Stren	Easy / 9.5mins Faster x3		60sec Easy / 2mins Fast x10	Easy run			
Turnaround time: 7 Stren	15m 30s		15m 30s				
7 Stren							
7 Stren	cuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	8k Fast Run	Rest day
Turnaround time: 7 Stren	Easy / 10.5mins Faster x3		60sec Easy / 2mins Fast x10	Easy run			
	17m 0s		17m 0s				
7 00.011							
	ength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6k	Rest and Stretch	12km	Rest day
	Easy / 9mins Faster x4		60sec Easy / 1.5mins Fast x16	Easy run			
Turnaround time:	20m 0s		20m 0s	ĺ			
						16: -	-:
	ength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6k	Rest and Stretch	10k Run day	Sleep in ;-)
			50m easy run	Easy run		Kick butt!	
Turnaround time:	47m easy run 23m 30s		24m 30s				



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<u>anced Program</u>	ilie.						
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	8k run	Rest day
	2.5m Easy / 7mins Faster x3		1m Easy / 3mins Fast x7	Easy run			
urnaround time:	14		14				
_							
2	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	10k run	Rest day
	60sec Easy / 7mins Faster x3		90sec Easy / 2.5mins Fast x6	Easy run			
urnaround time:	12		12				
•	Circuit 1/Long Intervals	Rest and Stretch	Circuit 1/Short Intervals	5-6k	Rest and Stretch	13k run	Post day
3	60sec Easy / 7.5mins Faster x3	Rest and stretch	70sec Easy / 2.5mins Fast x6	Easy run	Rest and stretch	ISKTUII	Rest day
urnaround time:	12m 30s		12m 30s	Lasy run			
arnarouna cime.	12111 303		12111 303				
4	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	10k run	Rest day
	60sec Easy / 8mins Faster x3		60sec Easy / 2mins Fast x9	Easy run			
urnaround time:	13m 30s		13m 30s				
E	Circuit 2/Long Intomole	Doct and Stratch	Circuit 2/Long Intomple	E /l.	Doct and Stratch	12le min	Doot door
5	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k	Rest and Stretch	12k run	Rest day
urnaround time:	15m 30s		15m 30s	Easy run			
arnarouna cime.	15111 503		13111 303				
6	Circuit 2/Long Intervals	Rest and Stretch	Circuit 2/Long Intervals	5-6k	Rest and Stretch	8k Time Trial	Rest day
	60sec Easy / 10.5mins Faster x3		60sec Easy / 2mins Fast x10	Easy run			
urnaround time:	17m 0s		17m 0s				
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7	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6k	Rest and Stretch	14km	Rest day
urnaround time:	60sec Easy / 9mins Faster x4		60sec Easy / 1.5mins Fast x16	Easy run			
arnarouna tiille.	ZUIII US		20111 03				
8	Strength Based Warm Up	Rest and Stretch	Strength Based Warm Up	5-6k	Rest and Stretch	10k Run day	Sleep in ;-
	47m easy run		50m easy run	Easy run		Kick butt!	
urnaround time:	23m 30s		24m 30s				

		club							
			My Session Check List						
Name									
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
1									
2									
3									
4									
5									
6									
7									
8						My 10k Run!			