

## RUNNING GOALS WEEK OUTLINE

Date		Programme	Session Type	Session:	8.30am	Faster than 24.00 for 5k	Session:	9.30am	Slower than 24.00 for 5k		
					Reps	Length	Recovery	Interval	Length	Recovery	
Sunday	26-Nov	Blue	Max Speed (1)	Short Hills	12 - 15 x	15s	Walk	Short Hills	8 - 12 x	15s	Walk
Monday	27-Nov	Red	Intervals (2)	Fartlek	25.5' of 1',2',3',2',1',2',3',2',1'		Half Jog	Fartlek	(18 - ) 21' of 1',2',3',(2)',3',2',1'		Half Jog
Tuesday	28-Nov	Blue	V02 Max (3)	Long Intervals	5 x	1k	3'	Long Intervals	3 - 4 x	1k	3'
Wednesday	29-Nov	Red	Max Speed (1)	Sprint Session	4 x	400m	5'	Sprint Session	3 x	300m	5'
Thursday	30-Nov	Blue	Threshold (2)	Threshold Intervals	14 x	300m	60s	Threshold Intervals	15 x	200m	60s
Friday	01-Dec	Red	V02 Max (3)	Medium Intervals	8 x	600m	2'	Medium Intervals	5 x	600m	2'

Customise Our Running  
Schedule to Suit You

Ideally athletes should avoid doing hard workouts on consecutive days as this carries a higher injury risk

Pick one of Our Programmes eg. Red or Blue Each has 1 workout of each session type (with a solo easy run or rest day in between to recover)  
Alternatively pick by our Session Type eg. Max Speed (1) These are spaced with 2 days of solo easy running, cross-training (or resting) in between



Online Running Coaching Available Worldwide

[www.runninggoals.co.uk](http://www.runninggoals.co.uk)

All sessions will include a Warm Up, Technique Drills and a Cool Down

