

R U FIT INTERMEDIATE RUNNING PLAN

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
Tuesday	Intervals	Intervals	Intervals	Intervals	Intervals	Intervals
	Warm up - 10 mins	Warm up - 10 mins	Warm up - 10 mins	Warm up - 10 mins	Warm up - 10 mins	Warm up -10 mins
	3 x 3 min, 2 min recovery	4 x 3 min, 2 min recovery	Moneghetti Intervals 90:90 x 2	5 x 3 min, 2min recovery.	3 x 4 min, 2 min recovery	4 x 3 min, 2 min recovery
	5 min cool down and stretch	5 min cool down and stretch	60:60 x 4 30:30 x 4 15:15 x 4 5 min Cool Down and Stretch	5 min cool down and Stretch	5 min Cool down and stretch	5 min cool down and stretch
Wednesday	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH
Thursday	Tempo	Tempo	Tempo	Tempo	Tempo	Tempo
	10:10:5	10:15:5	15:20:5	10:25:5	10:30:5	10:20:5
	10 min warm up 10 min Tempo 5 min cool down					
Friday	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH
Saturday	Easy 25 minutes	Easy 30 minutes	Easy 35 minutes	Easy 35 minutes	Easy 40 minutes	Easy 20 minutes
Sunday	Long Run 40 minutes	Long Run 45 minutes	Long Run 50 minutes	Long Run 55 minutes	Long Run 60 minutes	Long Run 35 mins

TIPS

This program is aimed for people who having been running regularly and can comfortable run 5 kilometres

The numbers in 10:15:10 represent the workout break down.

The first number is the suggested time you spend in the warm up.

The second number is the time spent at intense workout.

The last number represents the time spent in cool down and stretching.

I suggest you check with your Doctor before you beginning any new exercise program.

If you follow this program and take the recommended rest and recovery breaks, you will enjoy the convenient activity of running and remain injury free.

Avoid running for the sake of running. Plan each session. Have a specified intensity, duration and purpose and you will run faster and avoid injury.

Don't overlook the importance of recovery sessions or recovery weeks. Continually running kilometre after kilometre, week after week is a certain way to become stale, bored and become injured.

Plan a recovery week every 4 to 6 weeks to allow your body to recover, become stronger and it will keep you mentally engaged to keep you motivated for your continued training sessions.

Most importantly I encourage you to enjoy your running. Find a buddy, meet up and commit to your training, and remember it is just training and recreational. If you get out there and feel like you need to take a break and need to walk, then do just that. Keep it real and keep it fun.