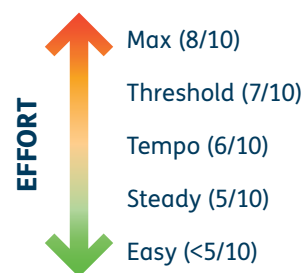

















4km: Intermediate-Advanced

All 'Max' & 'Threshold' sessions should start with a 10min warm-up jog, Dynamic Stretches and Running Drills and end with a 10min cool-down jog.










► Dynamic Stretches

► Intermediate Running Drills



Week	Sessions	Details	Weekly Goal
1	March 25th – Build Week		Test your fitness
	 Day 1 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 2 – Recovery	Rest Day	
	 Day 3 – Endurance	Easy Run: 30min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
2	April 1st – Build Week		Establish routine
	 Day 1 – Max	5 x (20s Max/40s Steady)	
	 Day 2 – Threshold	7 x (2min threshold/1min easy)	
	 Day 3 – Endurance	Easy Run: 30min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
3	April 8th – Build Week		Improve your fitness
	 Day 1 – Max	8 x (20s Max/40s Steady)	
	 Day 2 – Threshold	5 x (3min Threshold/1min easy)	
	 Day 3 – Endurance	Easy Run: 30min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
4	April 15th – Recovery Week		Retest your fitness
	 Day 1 – Recovery	Rest Day	
	 Day 2 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 3 – Endurance	Easy Run: 30min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
5	April 22nd – Build Week		Build running volume
	 Day 1 – Max	8 x (20s Max/40s Steady)	
	 Day 2 – Threshold	4 x (4min threshold/1min easy)	
	 Day 3 – Endurance	Easy Run: 45min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	

4km: Intermediate-Advanced continued

Week	Sessions	Details	Weekly Goal
6	April 29th – Build Week		Improve your fitness
	 Day 1 – Max	2 sets of 5 x (20s Max/40s Steady) with 3min recovery	
	 Day 2 – Threshold	3 x (5min threshold/2min easy)	
	 Day 3 – Endurance	Easy Run: 45min – between Easy & Steady zone. Include some hills and vary surfaces through the run where possible	
7	May 6th – Recovery Week		Maintain fitness
	 Day 1 – Max	8 x (20s Max/40s Steady)	
	 Day 2 – Threshold	5 x (1min threshold/1min steady)	
	 Day 3 – Endurance	Easy Run: 20min – between Easy & Steady zone. Keep flat	
8	May 13th – Event Week		Rest up and get ready
	 Day 1 – Max	5 x (20s Max/40s Steady)	
	 Day 2 – Endurance	Easy 20min run	
	 Day 3 – Threshold	HBF Run for a Reason 4km	