

TUESDAY RUNNING PROGRAMME – JANUARY – APRIL 2012

JAN – FEB – STRENGTH BUILDING

	Group 1-3	Group 4
Jan 31	Hill Intervals (Parliament)	8x 5m walk/30s run
Feb 6	Hill/Flat Intervals (Loop and Scoop)	8x 4:30 W/30s R
Feb 13	Hill Circuit (Federation Square)	8x 4m W/1m R
Feb 20	Hills (Fitzgerald St)	10x 3:30 W/1:30 R
Feb 27	Tempo Run	10x 3W/2 R

MAR – APR – SPEED WORK

Mar 5	Low Rest Long Intervals (1200m x 3/1min)	10x 2:30 W/2:30 R
Mar 12	Med Rest Med Intervals (800m x 4/2min)	10x 2 W/3 R
Mar 19	High Rest Short Intervals (400 x 6/3 min)	9x 1 W/4 R
Mar 26	Interval Pyramid (400/800/1200/800/400)	6 x 1W/6 R
Apr 2	Tempo Run	4x 1 W/8 R
Apr 9	Short Intervals	5x 1W/10 R

April 14th HALF MARATHON!!!

Group 1 - <5min/km

Group 2 - 5-6min/km

Group 3 - >6min/km

Group 4 - Walk Run Progression

Group 5 - 45 min Power Walk