

# RUNNING SESSIONS: DETAILS

## WEEK 1

Session

**1**

**Run 20 mins**  
(record distance)



Session

**2**

**8 min warm up run**  
**Run 30s, jog 60s. Repeat 8 times.**  
(Total time 20 mins)



## WEEK 2

Session

**1**

**Run 20 mins**  
(aim to beat previous weeks distance)



Session

**2**

**8 min warm up run**  
**Run 30s, jog 45s. Repeat 8 times.**  
(Total time 20 mins)



## WEEK 3

Session

**1**

**Run 4 mins** (at a pace you can maintain) ] **Repeat 4 times.**  
**Slow jog 3mins** (Total time 28 mins)



Session

**2**

**10 min warm up run**  
**Run 30s, jog 30s. Repeat 8 times.**  
(Total time 20 mins)



## WEEK 4

Session

**1**

**Run 4 mins** (at a pace you can maintain) ] **Repeat 4 times.**  
**Slow jog 3mins** (Total time 28 mins)



Session

**2**

**10 min warm up run**  
**Run 40s, jog 20s. Repeat 10 times.**  
(Total time ~20 mins)



# RUNNING SESSIONS: DETAILS

## WEEK 5

Session

# 1

### SPRINT SESSION

2 x 10m Standing start (30 - 45secs rest)

2 x 15m 3point stance (60secs rest)

2x 20m Standing Start (2mins rest)

**- 2MINS REST -**

3 x 20m build up running speed into 20m sprint (2-3mins rest)



Session

# 2

Warm up - 1km time trial (record time)

Run 30s, jog 60s. Repeat 8 times.

(Total time 20 mins)



## WEEK 6

Session

# 1

### SPRINT SESSION

2 x 10m Standing Start (30 - 45secs rest)

2 x 15m 3point Start (60secs rest)

2x 20m on Stomach (2mins rest)

**- 2MINS REST -**

3 x 20m build up running speed into 30m sprint (2-3min rest)



Session

# 2

Warm up - 1km time trial (record time)

Run 30s, jog 60s. Repeat 8 times.

(Total time 20 mins)



## WEEK 7

Session

# 1

### SPRINT SESSION

2 x 10m Standing Start (30 - 45secs rest)

2 x 15m on Stomach (60secs rest)

2x 20m on Back (2mins rest)

**- 2MINS REST -**

3 x 20m build up running speed into 30m sprint (2-3mins rest)



# RUNNING SESSIONS: DETAILS

WEEK 7

Session

2

## MALCOLM DRILL



Need a stopwatch.

Start lying face down on the halfway line (1), get up and run backwards to 10m line (2).

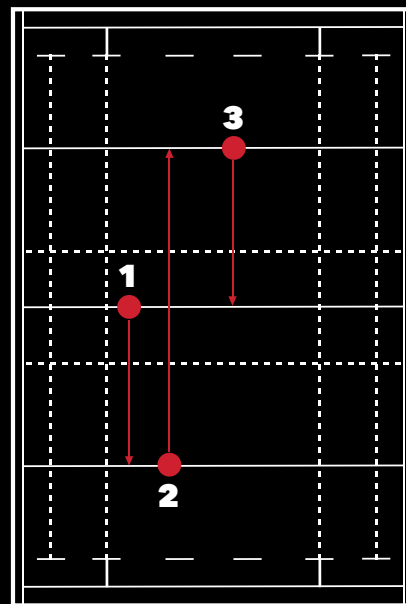
Go down chest to ground, then get up and run to the far 10m line (3)

Go down chest to ground, then get up and run to the halfway line (1). Stop the timer.

Rest for half the amount of time it took you to complete  
(e.g. if it took 90secs, rest for 45secs)

### Complete 6 rounds

Total time approx. 15 mins



See figure above: starting at ½ way line (1), run backwards to 10m line (2), sprint forward to (3) and finish at start line (1).

Session

3

## Optional

Complete a steady state long run  
20 - 30mins



WEEK 8

Session

1

## SPRINT SESSION



1 x 10m 3pt start (30 - 45secs rest)

1 x 10m start on stomach (30 - 45secs rest)

2 x 15m stand facing the opposite direction - turn and GO (60secs rest)

2 x 20m on stomach facing the opposite direction - get up and GO  
(2mins rest)

**- 2MINS REST -**

2 x 20m Build up running speed into 30m sprint (2-3mins rest)

2 x 20m Build up running speed into 40m sprint (3mins rest)

Session

2

## MALCOLM DRILL



Same as last week.

Complete 6 rounds

Session

3

## Optional

Complete a steady state long run  
20 - 30mins

