

# STEVE MONEGHETTI TRAINING

## WEEK TWO

Steve shares his personal training journey in the lead up to Run for the Kids

MONDAY

12 km easy run

TUESDAY

3.6 km warm up

6x 500m with 500m jog recovery @  
3.10 mins/km

3.4 km warm down for a 13km total

WEDNESDAY

7 km easy run

THURSDAY

6 km easy run

FRIDAY

4 km easy run

SATURDAY

3 km easy run

SUNDAY

3 km loosen up jog

1 km warm up

Surf 'T Surf 10km Fun Run in 33.47  
(3.25 mins/km)

4 km warm down

63km Week Total

