

2024 LONG COURSE TRAINING

WEEK SIX

Monday, February 12 - Sunday, February 18

MONDAY

REST

1 km run/walk as warm up to the bottom of your selected hill (200 metres of average gradient up one side and the same down the other side)

TUESDAY

Run faster up, over and down the other side of the hill. Have a standing rest for 2 minutes then repeat back the other way.

If this is one repetition, then you can do 2 or 3 reps depending on how you are coping with the training to this point.

1 km run/walk back to home or work as your warm down

WEDNESDAY

cross training/stretching session

5 minute walk,

THURSDAY

4 km run,

5 minute walk

FRIDAY

REST

SATURDAY

20 minute walk

SUNDAY

5 minute walk,

11 km run,

5 min walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

