

2024 SHORT COURSE TRAINING

WEEK FIVE

Monday, February 5 - Sunday, February 11

MONDAY

REST

TUESDAY

5 minute walk or run to a local grass oval as your warm up. Two or three 50 metre strides at around the pace you intend doing for the faster repetitions.

2x half a lap of the oval running at a quicker pace than normal (but not flat out) or for those mainly walking then do a faster walk for the half lap. Do a jog or slow walk for the second half of the lap as your recovery.

5 minute walk or run back to home or work as your warm down

WEDNESDAY

Rest and stretching/rolling session

THURSDAY

10 minute walk

FRIDAY

REST

SATURDAY

10 minute walk

SUNDAY

5 minute walk,

10 minute run,

5 minute walk

