

# 2024 LONG COURSE TRAINING WEEK TEN

Monday, March 11 - Sunday, March 17

**MONDAY**

REST

1 km run/walk to a local grass oval as your warm up.  
Two or three 50 metre strides at about your repetitions  
pace.

**TUESDAY**

4 x 1 fast lap of the oval running at your intended race  
pace with a lap jog/walk recovery in between.  
1km run/walk back to home or work as your warm down

**WEDNESDAY**

Cross training/stretching session

**THURSDAY**

5 minute walk,  
3km run,  
5 minute walk

**FRIDAY**

REST

**SATURDAY**

15 minute walk

**SUNDAY**

5 minute walk to warm up,  
14.4 km LONG COURSE  
5 minute walk to warm down



Herald Sun | Transurban

**RUN** for the **KIDS**<sup>®</sup>

**SUNDAY, MARCH 17, 2024**

