

2024 SHORT COURSE TRAINING WEEK NINE

Monday, February 19- Sunday, February 25

MONDAY

REST

5 minute walk/run to a local grass oval as a warm up. Two or three 50 metre strides at around the pace you intend doing for the faster repetitions. 3 x half a lap of the oval running at a quicker pace than normal (but not flat out) or for those mainly walking do a fast 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 slow jog back to home or work as your warm down

TUESDAY

WEDNESDAY

Rest and stretching/rolling session

THURSDAY

15 minute walk

FRIDAY

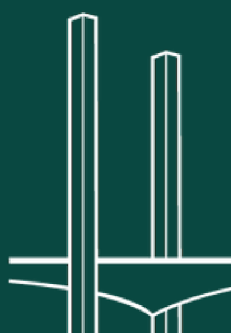
REST

SATURDAY

10 minute walk

SUNDAY

5 minute walk ,
25 minute run,
5 minute walk



Herald Sun | Transurban

RUN for the **KIDS**[®]

SUNDAY, MARCH 17, 2024

