

Running Program

Warm-up for 5-10mins with a light jog and active stretching (hold for 5-10secs; Alternating b/n sides; Aim to get the muscles warm and limber).

Cool-down for 5-10mins with walking & passive stretching (hold for 20-30secs; Aim to increase flexibility & reduce delayed onset muscle soreness - DOMS).

Endurance Session:

- Run 60mins @ 65-75% max HR/effort (220 - your age).

Hills Session:

- Run 30mins on a hill that spans ~400m (e.g. Anderson Street @ Botanical Gardens).
- 1st lap = 60% max HR/effort UP + jog DOWN
- 2nd lap = 70% max HR/effort UP + jog DOWN
- 3rd lap = 80% max HR/effort + jog DOWN
- 4th lap = 70% max HR/effort UP + jog DOWN
- 5th lap = 60% max HR/effort UP + jog DOWN
- Repeat as many times as possible in 30mins

Speed Session:

- Run 45mins on a flat track.
- Intervals of 3mins @ 60% max HR/effort: 2mins @ 80% effort (5-minute cycles) Repeat 4 cycles i.e. 20mins
- Intervals of 1min @ 60% max HR/effort: 1min @ 80% effort (2-minute cycles) Repeat 10 cycles i.e. 20mins
- Intervals of 30secs @ 60% max HR/effort: 30secs @ 80% effort (1-minute cycles) Repeat 5 cycles i.e. 5mins

Strength Session:

- Run 30mins on a long flight of stairs (you should be able to run UP the stairs for 20secs)
- Take each step one-at-a-time & lift-ze-knees!
- Run UP the stairs at FULL PACE + Run DOWN the stairs at a SLOW PACE (watch your step!)
- Complete the following exercises between each stair run i.e. At the top & bottom of the stairs:
 - 20 Squats
 - 20 Jumping Lunges
 - 20 Calf Raises
 - 20 Single Leg Squats
 - 20 Jumping Squats
- Complete as many cycles as possible in a 30min session.
- Make it harder by increasing the number of steps, exercise repetitions or the total session time.