



1 mile Beginner Running Program

Run 1 mile at the end of 4 weeks

3 SESSIONS PER WEEK

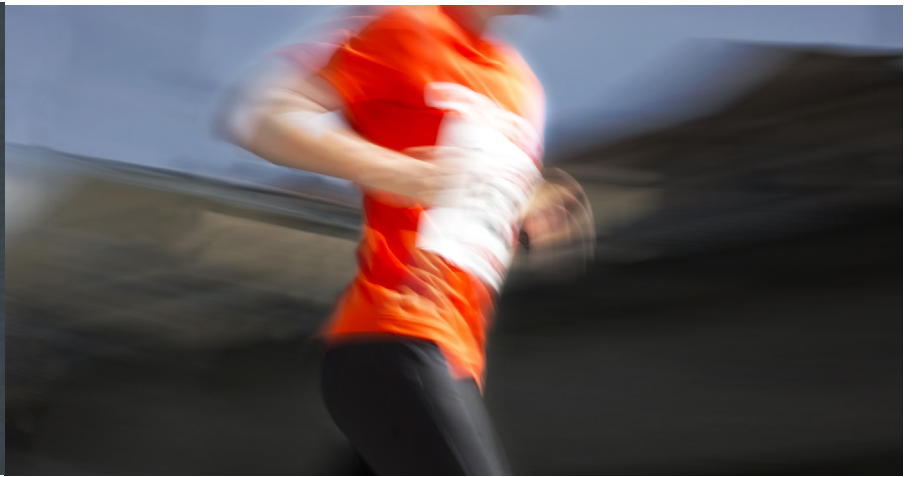
WEEK	BEGINNER SESSIONS		
	TUES	THURS	SAT
ONE	5 mins walk jog 100 metres walk 300 metres repeat this 4 times 5 min walk	5 mins walk jog 100 metres walk 300 meter repeat this 4 times 5 min walk	5 mins walk jog 100 metres walk 300 metres repeat this 5 times 5 min walk
TWO	5 mins walk jog 200 metres walk 200 metres repeat this 4 times 5 min walk	5 mins walk jog 200 metres walk 200 metres repeat this 4 times 5 min walk	5 mins walk jog 200 metres walk 200 metres repeat this 5 times 5 min walk
THREE	5 mins walk jog 300 metres walk 100metres repeat this 4 times 5 min walk	5 mins walk jog 300 metres walk 100metres repeat this 4 times 5 min walk	5 mins walk jog 300 metres walk 100metres repeat this 5 times 5 min walk
FOUR	5 mins walk then run 400 metres walk 50 metres repeat this 4 times 5 mins walk	5 mins walk then run 400 metres 10 secs rest repeat 4 times 5 mins walk	RACE DAY run 1 mile 4 x 400 metres no rest :-)

Program by: Karey Corrie Athletics Australia Level II Intermediate Recreational Running Coach

This running program is generic and does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. Before participating, seek advice from your medical professional about your suitability to participate in the program. You are participating at your own risk. The running program in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Karey Corrie or Queensland Country Health Fund for any loss, damage or injury that may arise from any person using or participating in this program. Territory Health Fund is a registered business name of Queensland Country Health Fund Ltd 18 085 048 237.



Territory
HEALTH FUND



1 mile Intermediate Running Program

Already running regularly wanting to add some intensity **4 SESSIONS PER WEEK**

WEEK	INTERMEDIATE SESSIONS			
	MON (EASY)	WED (INTENSITY)	FRI (EASY)	SUN (LONGER)
ONE	20mins easy	10 mins easy 2 x 200 fast / 200 easy then 4 x 400 fast / 400 easy 10 mins easy	5 km run	30 mins
TWO	20 mins easy	10 mins easy 2 x 200 fast / 200 easy then 6 x 400 fast / 400 easy 2 x 200 fast / 200 easy 10 mins easy	5km run	40 mins
THREE	25 mins easy	10 mins easy then 8-10 x 400 metres with 1 min standing recovery have 90 secs rest between reps 4 and 5 10 mins easy	5km run	35 mins
FOUR	20 mins easy	10 mins easy 6 x 30 secs at race pace / 30 secs easy 10 mins easy	20 mins easy	RACE DAY

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