

# KTB RUNNING

## WEEK 1

DAY	WORK	NOTES
MONDAY	8x400m	Rest: Walk 400m
FRIDAY	40 MINUTE - AEROBIC	HR +/- five beats from 180 - age

## WEEK 2

DAY	WORK	NOTES
MONDAY	7x500m	Rest: Walk 500m
FRIDAY	40 MINUTE - AEROBIC	HR +/- five beats from 180 - age

## WEEK 3

DAY	WORK	NOTES
MONDAY	6x600m	Rest: Walk 600m
FRIDAY	40 MINUTE - AEROBIC	HR +/- five beats from 180 - age

## WEEK 4

DAY	WORK	NOTES
MONDAY	7x500m	Rest: Walk 500m
FRIDAY	40 MINUTE - AEROBIC	HR +/- five beats from 180 - age

## WEEK 5

DAY	WORK	NOTES
MONDAY	8x400m	Rest: Walk 400m
FRIDAY	40 MINUTE - AEROBIC	HR +/- five beats from 180 - age

Program Notes: Interval work should be a fight between going as hard as possible and maintaining +/- 5 seconds each round. Focus during walking should be deep nose breathing to get HR below 120bpm as quickly as possible. On aerobic days try to repeat course and warm up conditions as closely as possible. The goal across five weeks is to increase distance at the same or lower average HR. Warm-up prior to either should be fifteen minutes of alternating between bike, row, or ski and focused mobility.

**MISFIT**  
ATHLETICS