



FRED'S BIG RUN 150KM – TRAINING GUIDE

TERMS TO REMEMBER:

- **'Easy Run'** means easy – you should finish feeling better than when you started.
- **'Tempo'** simply refers to your breathing. By the end you want to be moderately out of breath.
- **'Fartlek'** simply means changing your pace. For 'fartlek' sessions we recommend that you alternate between jogging and walking.
- **'Long Run'** means your longest activity of the week. This should be done at an easy pace.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1st 10km Easy	2nd 2km Walk	3rd	4th 8km Fartlek	5th 2km Walk	6th 7km Tempo	7th
Week 2	8th 12km Long	9th	10th 9km Tempo	11th	12th 8km Easy	13th	14th 4km Easy
Week 3	15th 2km Walk	16th 10km Tempo	17th	18th 7km Fartlek	19th	20th 12km Long	21st
Week 4	22nd 14km Long	23rd	24th 5km Easy	25th 3km Easy	26th 8km Long	27th	28th 4km Easy
Week 5	29th 15km Long	30th	31st 8km Easy				

Proudly provided by Fred's Big Run training partner, *Be a Runner*. Learn more: bearunner.org



The Fred Hollows Foundation