

GET OUT OF YOUR COMFORT ZONE THIS AUGUST



FRED'S BIG RUN 100KM – 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.

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

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



The **Fred Hollows** Foundation