

REPEAT & RECOVER RUNNING PLAN		
Wk1	Testing	TEST YOUR PHYSICAL CAPABILITY
Wk2	Braking program only	<i>Continue running as per your normal routine</i>
Wk3	Braking & Sprinting program only	<i>Continue running as per your normal routine</i>
Wk4	Intro of Program 1	<p style="text-align: center;"><u>Day 1</u> 2-3 sets x 5 minutes <i>2 minute rest between each 5 minute block</i> <i>You can stand or walk during the 30sec off period.</i></p> <p style="text-align: center;"><u>Day 2</u> 30sec on : 30sec off 2 sets of 8 reps <i>2 minute rest between each set.</i> <i>You can stand or walk during the 30sec off period.</i></p> <p style="text-align: center;"><u>Day 3 (if below Benchmark)</u> 2-3 sets x 5 minutes <i>2 minute rest between each 5 minute block</i> <i>You can stand or walk during the 30sec off period.</i></p> <p style="text-align: center;"><i>Use table 1 to identify your recommended distance based off your 1km Time</i></p>
Wk5	Program 1	
Wk6	Program 1	

TABLE 1 FOR REPEAT & RECOVER - RELEASE 1

Your 1km Time	5 minute distance aim	30 second interval distance
hrs:mins:secs	<i>80% 1km Time Pace</i>	
<00:03:00	1333	183
00:03:10	1263	174
00:03:20	1200	165
00:03:30	1143	157
00:03:40	1091	150

00:03:50	1043	143
00:04:00	1000	138
00:04:10	960	132
00:04:20	923	127
00:04:30	889	122
00:04:40	857	118
00:04:50	828	114
00:05:00	800	110
00:05:10	774	106
00:05:20	750	103
00:05:30	727	100
00:05:40	706	97
00:05:50	686	94
00:06:00	667	92
00:06:30	615	85
00:07:00 +	571	79