

WEEK 11 TRAINING GUIDELINES



VectorStock



VectorStock

WEEK 4 1km TIME mins:secs	SESSION 1 REP TARGET DISTANCE (m)	SESSION 2 REP TARGET DISTANCE (m)	SESSION 3 REP TARGET DISTANCE (m)
<03:00	117	1333	100
03:10	111	1263	95
03:20	105	1200	90
03:30	100	1143	86
03:40	95	1091	82
03:50	91	1043	78
04:00	87	1000	75
04:10	84	960	72
04:20	81	923	69
04:30	78	889	67
04:40	75	857	64
04:50	72	828	62
05:00	70	800	60
05:10	68	774	58
05:20	66	750	56
05:30	64	727	55
05:40	62	706	53
05:50	60	686	51
06:00	58	667	50
06:30	54	615	46

07:00 +	50	571	43
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