

2020 PEP Running Week 1- 4

WEEKS	4 min block	Mtrs	Level 1			Total	Mtrs	Level 2			Total	Mtrs	Level 3			Total	Mtrs	Level 4			Total	Session Total
Week 1 120%	12 Efforts	8 on 12 off	Single Distance	Shuttle	Off Deck		8 on 12 off	Single Distance	Shuttle	Off Deck		8 on 12 off	Single Distance	Shuttle	Off Deck		8 on 12 off	Single Distance	Shuttle	Off Deck		
Distances		29	29	13	12	348	33	33	15	13	396	37	37	17	15	444	41	41	18	16	492	1680
Week 2 130%	12 Efforts	10 on 10 off	Single Distance	Shuttle	Off Deck		10 on 10 off	Single Distance	Shuttle	Off Deck		10 on 10 off	Single Distance	Shuttle	Off Deck		10 on 10 off	Single Distance	Shuttle	Off Deck		
Distances		39	39	18	16	468	44	44	20	18	528	50	50	23	20	600	56	56	25	22	672	2268
Week 3 135%	12 Efforts	12 on 8 off	Single Distance	Shuttle	Off Deck		12 on 8 off	Single Distance	Shuttle	Off Deck		12 on 8 off	Single Distance	Shuttle	Off Deck		12 on 8 off	Single Distance	Shuttle	Off Deck		
Distances		49	49	22	20	588	55	55	25	22	660	62	62	28	25	744	70	70	32	28	840	2832
Week 4 140%	8 Efforts	15 on 15 off	Single Distance	Shuttle	Off Deck		15 on 15 off	Single Distance	Shuttle	Off Deck		15 on 15 off	Single Distance	Shuttle	Off Deck		15 on 15 off	Single Distance	Shuttle	Off Deck		
Distances		63	63	28	25	504	71	71	32	28	568	80	80	36	32	640	90	90	41	36	720	2432
Repeat High Speed	2 min block 6 Efforts	5 on 10 off	Single Distance				5 on 10 off	Single Distance				5 on 10 off	Single Distance				5 on 10 off	Single Distance				
		22	22			132	25	25			150	28	28			168	31	31			186	

RUNNING INSTRUCTIONS

START ON Lvl 1 - choose 1 of the options e.g Wk 1 Lvl 1 - Single Distance (29 mtrs) or Shuttle (13 mtrs) or Off Deck (12 mtrs), as you progress through the Levels you can choose a different option or stay the same? its your choice.
Single Distance is from point A to point B, Shuttle is from point A out to point B and return to point A, Off Deck is from point A out to point B hit the deck and return to point A.
 You'll also notice the cell that says "8 on 12 off" all this means is that you have 8 seconds to run your chosen option and 12 seconds rest before you start again. Each block is 4 min in total and you will also notice the cell that says 8 or 12 efforts, this refers to how many off your chosen options you need to complete in the 4 min block. Once you have completed ALL your running on each Lvl you will need to rest for 4 mins, so this means you'll run for 4 mins then rest for 4 mins.
 So this is how your whole running session should look! you will need to complete 4 running Lvl's, (Big boys I am happy for you to do 2 x Lvl 1 and 2 x Lvl 2!! Remember NO ONE DOGS IT!!) and then to finish off complete 1 Lvl of your choice of the "Repeat High Speed", so in total you'll run for 18 mins and rest 16 mins