

2020 PEP Running Week 5 - 8

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	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		36	36	16	14	432	41	41	18	16	492	46	46	21	18	552	52	52	23	21	624	2100
Week 2 130%	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		47	47	21	19	564	53	53	24	21	636	60	60	27	24	720	67	67	30	27	804	2724
Week 3 135%	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		61	61	27	24	488	69	69	31	28	552	78	78	35	31	624	87	87	39	35	696	2360
Week 4 140%	8 Efforts	18 on 12 off	Single Distance	Shuttle	Off Deck		18 on 12 off	Single Distance	Shuttle	Off Deck		18 on 12 off	Single Distance	Shuttle	Off Deck		18 on 12 off	Single Distance	Shuttle	Off Deck		
Distances		76	76	34	30	608	86	86	39	34	688	97	97	44	39	776	108	108	49	43	864	2936
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