

Week	Workout
1	10 minute warm up 5 x 800 m with 400 m rest walk/jog Cool down
2	10 minute warm up 2 x 1600 m with 400 m rest walk/jog 1 x 800 m with 400 m rest walk/jog Cool down
3	10 minute warm up 200 (200 rest); 400 (400 rest); 600 (400 rest); 800 (400 rest); 800 (400 rest); 600 (400 rest); 400 (400 rest) Cool down
4	10 minute warm up 4 x 1000 m with 400 m rest walk/jog Cool down
5	10 minute warm up 1600 (400 rest); 1200 (400 rest); 800 (400 rest); 400 (400 rest) Cool down
6	10 minute warm up 10 x 400 m with 1:30 minute rest walk/jog Cool down
7	10 minute warm up 6 x 800 m with 1:30 minute rest walk/jog Cool down
8	10 minute warm up 4 x 1200 m with 400 m rest walk/jog Cool down
9	10 minute warm up 5 x 1000 m with 400 m rest walk/jog Cool down
10	10 minute warm up 3 x 1600 m with 1 minute rest walk/jog Cool down