

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>12</b> BUILDUP	3-JUL Intraining Group 5km	4-JUL	5-JUL Rhythm 500M's x 4 to 6 ¢2sec, 1 min rec FREE training Wednesday 6pm	6-JUL	7-JUL EASY RUN 5KM	8-JUL	9-JUL Long Run 6km
<b>11</b> BUILDUP	10-JUL Intraining Group 5km	11-JUL	12-JUL 6 to 8 x 200M, 1km TT FREE training Wednesday 6pm	13-JUL	14-JUL	15-JUL parkrun 5km	16-JUL Easy Run 5km
<b>10</b> BUILDUP	17-JUL Intraining Group 8km	18-JUL	19-JUL Rhythm 1km's x 3 to 4 ¢5sec, 3 min rec FREE training Wednesday 6pm	20-JUL	21-JUL EASY RUN 5KM	22-JUL	23-JUL Long Run 8km
<b>9</b> STRONG	24-JUL Intraining Group 5km	25-JUL	26-JUL Rhythm 500M's x 4 to 6 ¢2sec, 1 min rec FREE training Wednesday 6pm	27-JUL	28-JUL	29-JUL parkrun 5km	30-JUL Easy Run 5km
<b>8</b> RECOVERY	31-JUL Intraining Group 5km	1-AUG	2-AUG Ladder Up 200/400/600 /800/1k FREE training Wednesday 6pm	3-AUG	4-AUG EASY RUN 5KM	5-AUG	6-AUG BRR 5km
<b>7</b> STRONG	7-AUG Intraining Group 8km	8-AUG	9-AUG 3 to 4 x 1km @5km pace with a 3 min rec FREE training Wednesday 6pm	10-AUG	11-AUG	12-AUG parkrun 5km	13-AUG Easy Run 5km
<b>6</b> STRONG	14-AUG Intraining Group 8km	15-AUG	16-AUG Ladder Down 1k/800/600 /400/200 FREE training Wednesday 6pm	17-AUG	18-AUG EASY RUN 5KM	19-AUG	20-AUG Long Run 8km
<b>5</b> STRONG	21-AUG Intraining Group 5km	22-AUG	23-AUG Rhythm 500M's x 4 to 6 ¢2sec, 1 min rec FREE training Wednesday 6pm	24-AUG	25-AUG	26-AUG parkrun 5km	27-AUG Easy Run 5km
<b>4</b> STRONG MAX	28-AUG Intraining Group 8km	29-AUG	30-AUG Pyramid 200/500/1 /500/200 neg splits FREE training Wednesday 6pm	31-AUG	1-SEP EASY RUN 5KM	2-SEP	3-SEP Long Run 8km
<b>3</b> SHARPENING	4-SEP Intraining Group 5km	5-SEP	6-SEP 6 x 200M, 1km TT FREE training Wednesday 6pm	7-SEP	8-SEP EASY RUN 5KM	9-SEP	10-SEP BRR 5km predictor
<b>2</b> SHARPENING	11-SEP Intraining Group 8km	12-SEP	13-SEP POWER 3 x 1km, max rec FREE training Wednesday 6pm	14-SEP	15-SEP	16-SEP parkrun 5km	17-SEP 5km Breakfast Run
<b>1</b> PEAKING	18-SEP Intraining Group 5km	19-SEP	20-SEP PACED 5 x 1km, 2 min rec FREE training Wednesday 6pm	21-SEP	22-SEP	23-SEP 2017 Twilight BAY RUN WYNNUM	RELAX!



coached by  
**intraining**  
running and triathlon club

# 12WK TRAINING GUIDE

FREE training Wednesday 6pm at  
intraining Running Centre, 33 Park Road, Milton.  
Note: All Wednesday sessions are explained by coaches on the night

- Float/Easy:** Pace where you are able to talk easily and a breathing cycle is every three steps of one foot.
- Steady:** Pace that is harder to talk and a breathing cycle is every two steps of one foot.
- Brisk:** Pace between Steady and Fast
- Threshold:** Run slightly faster than easy pace
- Tempo and Time Trial (TT):** Slightly slower than your race pace for that distance
- Rec:** Is the recovery between repetitions (reps) in a session
- Power:** Pace run faster than you have done in the lead up sessions.
- Speed sessions are structured as follows:**  
6 to 8 x 1km reps @5km pace with 1km steady rec inbetween each rep
- Rhythm efforts:** Pace judgement. Goal to run each repetition faster.
- Pyramid:** Ascending distance or time, followed by descending distance or time.
- Ladder:** Ascending/descending distances and/or pace
- ¢:** Faster by this time period for each effort
- BRR:** Brisbane Road Runners Club mini event [click here](#)