



**WARRIOR
WITHIN
PROJECT**

**G O T T A S T A R T
S O M E W H E R E
R U N N I N G P R O G R A M**



WARRIOR WITHIN PROJECT

**TESTING
SESSION**

**5km or 30min time/
distance trial**

1mile time trial



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THE WARM UP

GENERAL	RANGE OF MOTION	SPECIFIC
EASY JOG FOR 5MIN INCLUDE VARING PACES IN THE LAST 2MIN TO PREPARE THE BODY FOR HIGH- SPEED RUNNING	15m FRANKENSTEIN WALK 15m QUAD AND PIRIFORMIS WALK 10 ALT SCORPIAN 10 ALT LEG CROSS OVER 10 ALT WORLDS GREATEST STRETCH	15m TIPPY TOE WALK 15m TOES UP WALK 15m A-SKIP 15m BOUNDING 2 x 50m 70% RUN THROUGHS
MINDSET PREP		
SPEND 3-5MIN FOCUSING ON BOX BREATHING 4s IN, 4s HOLD, 4s OUT, 4s HOLD. VISUALISE HOW YOU WANT TO FEEL WHILE RUNNING, WHERE YOUR FOOT PLACEMENT IS, HOW RELAXED YOUR SHOULDERS ARE ECT.		



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THE PROGRAM

WK	Day 1		Day 2		Day 3	
	Type	Session	Type	Session	Type	Session
1	INTERVAL	1KM X 4 Rest 2-3min @RPE 8-9	LONG	30MIN @RPE 5-6 *30s to 1min slower than 5km pace	FARTLEK	1MIN HARD 1MIN EASY X 10
2	INTERVAL	1KM X 5 Rest 2-3min @RPE 8-9	LONG	35MIN @RPE 5-6	FARTLEK	1MIN HARD 1MIN EASY X 12
3	INTERVAL	1KM X 6 Rest 2-3min @RPE 8-9	LONG	40MIN @RPE 5-6	FARTLEK	2MIN HARD 1MIN EASY X 10
4	INTERVAL	2KM X 1/1KM X 3 Rest 2-3min @RPE 8-9	LONG	45MIN @RPE 5-6	FARTLEK	2MIN HARD 1MIN EASY X 12
5	INTERVAL	2KM X 1/1KM X 4 Rest 2-3min @RPE 8-9	LONG	50MIN @RPE 5-6	FARTLEK X 3	1MIN H/1MIN E 2MIN H/2MIN E 3MIN H/3MIN E
6	INTERVAL	2KM X 2/1KM X 4 Rest 2-3min @RPE 8-9	LONG	55MIN @RPE 5-6	FARTLEK X 4	1MIN H/1MIN E 2MIN H/2MIN E 3MIN H/3MIN E