Plan 3. Completer: Zebra Zoom

Can you run for an hour or about 8 to 10 km? If you can, then you could be ready to run a Half Marathon in either Mudgee (end of week 15) or Dubbo (end of week 16), or if you are really game (and you risk injury if you do) BOTH! The sensible will probably do one of them not both and rest the other week :-) The other option is to do the Mudgee 5 km or 10 km as a 'sharpener' for the Zebra Zoom

Starting Week Number	Starting Week Date (Monday)	Run 1	Run 2	Run 3
1	6 May	30 minutes	40 minutes	50 minutes
2	13 May	45 minutes	20 minutes	8 km
3	20 May	45 minutes	25 minutes	60 minutes
4	27 May	45 minutes	30 minutes	10 km
5	3 June	45 minutes	35 minutes	70 minutes
6	10 June	45 minutes	40 minutes	12 km
7	17 June	45 minutes	45 minutes	80 minutes
8	24 June	45 minutes	20 minutes	14 km
9	1 July	45 minutes	50 minutes	90 minutes
10	8 July	45 minutes	55 minutes	16 km
11	15 July	45 minutes	60 minutes	100 minutes
12	22 July	45 minutes	65 minutes	18 km
13	29 July	45 minutes	60 minutes	120 minutes
14	5 August	45 minutes	60 minutes	20 km
15	12 August	30 minutes	20 minutes	MUDGEE 5km 10km or HALF M
16	19 August	30 minutes	10 minutes	ZEBRA ZOOM

For the specific distance runs in even numbered weeks (run 3), measure out in a car or on a bike a course that will allow you to know how far you've gone. You could use a GPS device if you wish. This run should be completed mostly run and not walked, 'pleasantly fatigued' but not exhausted. It does not matter how long the run takes.

With the timed runs/walks, ensure that you use some sort of timing device, but it does matter how far you have gone. If you want to break up the timed runs into running segments, that is okay. For example, with run 2 in week 11 (60 minutes), you could run for 5 minutes ten times with a minute walk between running segments.

Each week, you could substitute one run with parkrun and starting early or continuing after to complete the prescribed time or distance, if necessary.

SUNDAY 25th AUGUST 2019 | www.dubbostampede.com.au