



## ABOUT EVERYDAY LIONS

EVERYDAY LIONS IS AN  
INCLUSIVE RUNNING GROUP  
THAT STARTED IN 2020, WE  
HAVE GROUP TRAINING IN  
DEVONPORT, ULVERSTONE,  
BURNIE AND PORT SORELL



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**EVERYDAY  
LIONS**  
run.enjoy.life

## ABOUT COACH BRIAN

I HAVE BEEN RUNNING FOR 27 YEARS, IN THAT TIME I HAVE MET SOME AMAZING PEOPLE WHO INSPIRE ME DAILY.

RUNNING HAS ENABLED ME TO TRAVEL THE WORLD AND NOW I AM LUCKY ENOUGH TO COACH OVER 70 RUNNERS AND CALL IT MY JOB.



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# EVERYDAY LIONS INTERMEDIATE 10 KM BLUFF 2 BOAT RAMP PLAN

## WEEKS 1 TO 4



	1st Week	2nd Week	3rd Week	4th Week
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	EASY 25 MINUTE RUN AND STRIDES	EASY 25 MINUTE RUN AND STRIDES	EASY 30 MINUTE RUN AND STRIDES	EASY 30 MINUTE RUN AND STRIDES
WED	REST DAY	REST DAY	REST DAY OR CORSS TRAINING	REST DAY OR CROSS TRAINING
THU	4 X 1 KM EFFORT @ 10 KM RACE PACE WITH A 2 MINUTE STANDING RECOVERY BETWEEN EACH REP	8 X 300M HILLS @ 85 % MAX PACE WITH A 300M JOG/WALK RECOVERY	MONA FARTLEK CLICK ON <a href="#">LINK</a> FOR MORE INFO	5 X 1 KM EFFORT @ 10 KM RACE PACE WITH A 90 SECONDS STANDING RECOVERY BETWEEN EACH REP
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	REST DAY OR EASY 5 KM	REST DAY OR EASY 5 KM	REST DAY OR EASY 5 KM	REST DAY OR EASY 5 KM
SUN	EASY 6 KM LONG RUN	EASY 7 KM LONG RUN	EASY 8 KM LONG RUN	EASY 9 KM LONG RUN



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# EVERYDAY LIONS INTERMEDIATE 10 KM BLUFF 2 BOAT RAMP PLAN

## WEEKS 5 TO 8



	5th Week	6th Week	7th Week	8th Week
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	25 MINUTE TEMPO RUN	EASY 30 MINUTE RUN AND STRIDES	30 MINUTE TEMPO RUN	EASY 30 MINUTE RUN AND STRIDES
WED	REST DAY OR CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CORSS TRAINING
THU	12 X 200M REPS 'HARD' WITH SLOW 200 JOG RECOVERY	10 X 400M REPS @ 5 KM RACE PACE ON 50 SECONDS STANDING RECOVERY BETWEEN EACH EFFORT	3 X 2 KM EFFORTS @ 10 KM RACE PACE WITH A 2 MINUTE AND 20 SECONDS STADNING RECOVERY	8 X 400M EFFORTS @ FASTER THAN 5 KM RACE PACE ON 200M 'FLOAT' RECOVERY
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	REST DAY OR EASY 6 KM	REST DAY OR EASY 6 KM	REST DAY OR EASY 6 KM	REST DAY OR EASY 6KM
SUN	EASY 10 KM LONG RUN	EASY 12 KM LONG RUN	EASY 13 KM LONG RUN	EASY 14 KM LONG RUN



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# EVERYDAY LIONS INTERMEDIATE 10 KM BLUFF 2 BOAT RAMP PLAN

## WEEKS 9 to 10



	9th Week	10th Week
MON	REST DAY	REST DAY
TUE	6 X 200M REPS 'HARD' ( 45 SECONDS STANDING RECOVERY)	EASY 25 MINUTE RUN
WED	REST DAY OR CROSS TRAINING	CROSS TRAINING ( EASY 30 MIN WALK )
THU	3 X 10 MINUTE @ 10 KM RACE PACE ON SLOW 2 MINUTE AND 30 JOG RECOVERY BETWEEN EACH EFFORT	6 X 400M EFFORTS @ 10 KM RACE PACE WITH SLOW 200M JOG/WALK
FRI	REST DAY	EASY 20 MINUTE RUN AND STRIDES
SAT	EASY 7 KM OR REST DAY	REST DAY
SUN	EASY 9 OR 10 KM	<b>RACE DAY - GOOD LUCK</b>



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