



FRED'S BIG RUN 50KM – TRAINING GUIDE

TERMS TO REMEMBER:

- **'Easy Run'** means easy – you should finish feeling better than when you started.
- **'Tempo'** simply refers to your breathing. By the end you want to be moderately out of breath.
- **'Fartlek'** simply means changing your pace. For 'fartlek' sessions we recommend that you alternate between jogging and walking.
- **'Long Run'** means your longest activity of the week. This should be done at an easy pace.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1st 3km Easy	2nd	3rd	4th 3km Fartlek	5th	6th	7th
Week 2	8th	9th	10th 4km Tempo	11th	12th 3km Easy	13th	14th 4km Easy
Week 3	15th 5km Long	16th	17th	18th 4km Fartlek	19th	20th 3km Easy	21st
Week 4	22nd	23rd 5km Long	24th	25th 3km Easy	26th	27th 4km Easy	28th
Week 5	29th 6km Long	30th	31st 3km Easy				

Proudly provided by Fred's Big Run training partner, *Be a Runner*. Learn more: bearunner.org



The Fred Hollows Foundation