



# FRED'S BIG RUN 100KM – TRAINING GUIDE

## TERMS TO REMEMBER:

- **'Easy Run'** means easy – you should finish feeling better than when you started.
- **'Tempo'** refers to your breathing. By the end, you want to be moderately out of breath.
- **'Fartlek'** 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 10km Long	2nd	3rd	4th 6km Fartlek	5th	6th 4km Easy	7th
Week 2	8th 8km Long	9th	10th 6km Tempo	11th	12th	13th	14th 5km Easy
Week 3	15th	16th 10km Long	17th	18th 7km Fartlek	19th	20th 5km Easy	21st
Week 4	22nd 10km Long	23rd	24th 7km Tempo	25th	26th 5km Easy	27th	28th
Week 5	29th 10km Long	30th	31st 7km Easy				

Proudly provided by Fred's Big Run training partner, *Be a Runner*. Learn more: [bearunner.org](http://bearunner.org)



The Fred Hollows Foundation