

**KASI**  
**RUNNING**

**Reference:** JVR – Junie Vakansie - Landoop

**Enquiries:** Dr GF Joubert  
81 Strubens Road  
Observatory  
Cape Town

**Telephone:** 0732310848

**Email:** [sors.joubert@gmail.com](mailto:sors.joubert@gmail.com)

DISTANCE

Exercise	CYCLE 1										
	M	T	W	T	F	S	S	M	T	W	
<b>HILLS</b> 5 x 250 m 10 x 150 m			x								x
Slow 1 km Warm Up 200 m 15 sec rest 200 m 15 sec rest 200 m REST 4 MIN X 8 Slow 1 km Cool Down	x								x		
Tuesday/Saturday Easy 8 km  Thursday – FARTLEK 6 km 100 m hard 100 easy for the duration of the run.		x		x			x	R E S T		x	
<b>REST</b>					x						

Exercise	CYCLE 1										
	M	T	W	T	F	S	S	M	T	W	
<b>HILLS</b> 15 x 150 m			x								x
8 km Easy Run	x								x		
Tuesday/Saturday Hard 4 km  Thursday – FARTLEK 8 km 100 m hard 50 easy for the duration of the run.		x		x			x	R E S T		x	
<b>REST</b>					x						