

## Programme Type: Round The Bays 6 Week Intermediate Programme

### Training Level: **Intermediate**

This programme is designed for those with a moderate level of fitness, who plan on competing in the 'Round The Bays' on 20 March 2005.

### Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find our fitness programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on [gyms@slingshot.co.nz](mailto:gyms@slingshot.co.nz)

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks.

Week Starting	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>7 Feb</b>	Rest	20 min run	Rest	25 min run	Rest	Rest	25 min run
<b>14 Feb</b>	Rest	20 min run	Rest	25 min run	Rest	Rest	30 min run
<b>21 Feb</b>	Rest	30 min run (inc 15 steady)	Rest	20 min run	Rest	25 min run (alternate 5 min easy, 5 min hard)	35 min run
<b>28 Feb</b>	Rest	35 min run (inc 20 min steady)	Rest	25 min run	Rest	25 min run (alternate 5 min easy, 5 min hard)	35 min run
<b>7 March</b>	Rest	35 min run	Rest	30 min run	Rest	25 min run	40 min run
<b>14 March</b>	Rest	30 min run	Rest	25 min run	Rest	Rest	<b>Round The Bays</b>