

**NWT Boys and Girls Individual Running Program**

**Week 1 and 2:**

**Extensive Endurance Training  
6 sets of 10 minutes / 2 minutes rest  
Working Heart Rate 170 BPM  
Resting Heart Rate 120 BPM  
2x per week**

**Week 3 and 4:**

**Intensive Endurance Training  
9 sets of 8 minutes / 2 minutes rest  
Working Heart Rate 175 BPM  
Resting Heart Rate 120 BPM  
2x per week**

**Week 5 and 6:**

**Extensive Interval Training  
12 blocks of 3 minutes / 1-2 minutes rest (800m in 3 minutes)  
Working Hear Rate Approx 185 BPM  
Resting Heart Rate 120 BPM  
2x per week**

**If you cannot get to the resting heart rate limit in the prescribed rest time, wait for until you have reached it before starting the next set.**

**Fitness test will be conducted in Llyodminster**

**Minimum standard required (Legier Stage):**

<b>Males</b>	<b>15.0</b>
<b>Females</b>	<b>11.0</b>