



SCHOOLS CHALLENGE TRAINING RESOURCES

GUIDELINES AND IMPORTANT NOTES:

- These resources are intended to be used as a GUIDE ONLY. A pre-program screening should be undertaken to ensure the suitability of sessions of individuals and make adjustments accordingly.
- Sessions can be prescribed for students to do on their own or alternatively to do as a group (preferred, as this enhances motivation). Possible options may include:
 - 1-2 early morning group sessions before school each week
 - Using allocated sport or PE practical class time to complete the sessions
 - Prescribing some sessions for students to do in their own time (encourage them to organise a time/location to do together with those who live in a similar area)
- The Interval Sessions are designed to be done as a group. The sessions allow beginner, intermediate and advanced sessions to complete the session together, whilst catering for their fitness level and training history. They are designed to make it more motivating for students and for the teacher or person facilitating the session to easily manage large numbers of different abilities.
- There are options provided in the “Other Sessions” column for students to do if they wish (please provide students guidance on what is best for them, taking into consideration other physical activity).
- If a similar session to what is prescribed is already done by the student (e.g. in training for a team sport), then instruct the student to not do this session (as they are already gaining the benefits elsewhere).
- The program does not stipulate which days for sessions to be done (to allow flexibility, based on needs and other commitments of staff/students)
- Always allow at least one “easy” or rest day in between harder sessions
- The program can also be integrated into (or consolidate) a unit of work you are doing. Examples include (but are not limited to):
 - *Lifelong Physical Activity* Unit (or similar) in K-10 PDHPE
 - *Physical Fitness* Unit in Physical Activity and Sports Studies (PASS)
 - *Sports Coaching* Unit in PASS or Sport, Lifestyle and Recreation (SLR)
 - *Fitness Choices* Module in Year 11 PDHPE

Rate of Perceived Exertion (RPE) Scale

NOTE: This scale is the way intensity level is prescribed in the program

RPE Number (out of 10)	Description
10	Max Effort Can only maintain this level of intensity for up to 10-12 seconds Unable to talk at all
9	Very Hard Activity Can only maintain this level of intensity for 200m-400m Hard to speak a single word and very out of breath
7-8	Vigorous Activity Feels a little uncomfortable, but bearable Feel short of breath, but can speak a sentence For trained athletes: 8 is about 1500m pace 7 is 3km-5km pace
4-6	Moderate Activity Feels like you can sustain for a while Can sustain a short conversation For trained athletes: 6 is 10km to half marathon pace (lactic acid may build up, but not for quite a while) 4 is easy run pace
2-3	Light Activity Comfortable and can maintain for hours Very gentle jog or brisk walk Heart rate is above rest, but you feel that you can breathe easy and hold a conversation
1	Very Light Activity Very comfortable and may be a light walk

LEVEL	WHO IT IS FOR
BEGINNER	<ul style="list-style-type: none"> • People who have not previously trained specifically for a middle or long distance running event (1500m or above) • Suitable for all Primary school aged students (unless they have trained for and been competitive in state level events in middle/long distance running)
INTERMEDIATE	<ul style="list-style-type: none"> • Primary school aged students that have trained for and been competitive in state level middle/long distance running events • High School students who are physically active every day and have a good base level of aerobic fitness (e.g. through fitness training done through involvement in team sports)
ADVANCED	<ul style="list-style-type: none"> • High School students who have specifically trained for middle/long distance running events and have reached a state level

	LEVEL	SESSION 1- Continuous Easy Run	SESSION 2- Aerobic Interval Session (or Time Trial)	SESSION 3- Fartlek Session	OTHER SESSIONS
WEEK 1	Beginner	10 minutes @ 4 RPE	3x600m <ul style="list-style-type: none"> - 1 at 6 RPE - 1 at 7 RPE - 1 at 8 RPE 200m walk between each and then wait for 1km runners (start each rep together)	On a footy/soccer field: 3 laps- RPE 6 on the straights/ RPE 3 on the goal line 2 minute standing rest after each 3 laps (X2)	Optional Cross Training (e.g. yoga, swimming) Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core
	Intermediate	20 minutes @ 4 RPE	3x800m <ul style="list-style-type: none"> - 1 at 6 RPE - 1 at 7 RPE - 1 at 8 RPE 200m walk between each and then wait for 1km runners (start each rep together)	On a footy/soccer field: 3 laps- RPE 7 on the straights/ RPE 3 on the goal line 2 minute standing rest after each 3 laps (X2)	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

	Advanced	30 minutes @ 4 RPE	3x1km - 1 at 6 RPE - 1 at 7 RPE - 1 at 8 RPE 200m active recovery between each- 100m jog/100m walk	On a footy/soccer field: 3 laps- RPE 7 on the straights/ RPE 3 on the goal line 2 minute standing rest after each 3 laps (X3)	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
WEEK 2	Beginner	15 minutes @ 4 RPE	5x400m- join advanced group for 2 reps, rest for 1 rep, join for another 2 then stop	90 seconds 'on'/90 seconds 'off' 60 seconds 'on'/60 seconds 'off' 30 seconds 'on'/30 seconds 'off' 15 seconds 'on'/15 seconds 'off' 3 MIN WALK (X2) 'On'= RPE 7 'Off'= RPE 3	Optional Cross Training (e.g. yoga, swimming) Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core
	Intermediate	20 minutes @ 4 RPE	7x400m- join advanced group for 2 reps, rest for 1 rep until finished	90 seconds 'on'/90 seconds 'off' 60 seconds 'on'/60 seconds 'off' 30 seconds 'on'/30 seconds 'off' 15 seconds 'on'/15 seconds 'off' 3 MIN WALK (X3) 'On'= RPE 7 'Off'= RPE 3	-Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core -Optional 1 additional easy run of 15-20 minutes (at 4 RPE) -Low intensity, low-impact cross training (e.g. yoga, swimming)
	Advanced	30 minutes @ 4 RPE	10x400m- all at 8 RPE 1 minute standing rest between each	90 seconds 'on'/90 seconds 'off' 60 seconds 'on'/60 seconds 'off' 30 seconds 'on'/30 seconds 'off' 15 seconds 'on'/15 seconds 'off' 3 MIN WALK (X3) 'On'= RPE 8; 'Off'= RPE 3	-Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core -Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) -Low intensity, low-impact cross training (e.g. yoga, swimming)

WEEK 3	Beginner	15 minutes @ 4 RPE	1x400m 1x800m 1x800m (first 800m of advanced 1200m) 1x400m (first 400m of advanced 800m) 1x400m - Aim is to hold 7 RPE for the whole session - 1 minute standing rest between each rep - 2 minutes standing rest after the 1200m	10 minutes of changing pace 1 whistle= RPE 3 2 whistles= RPE 7 If no facilitator, students create own session with at least 6 minutes of RPE 7 effort	Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core Optional Cross Training (e.g. yoga, swimming)
	Intermediate	25 minutes @ 4 RPE	1x400m 1x800m 1x1200m 1x400m (first 400m of advanced 800m) 1x400m - Aim is to hold 7 RPE for the whole session - 1 minute standing rest between each rep - 2 minutes standing rest after the 1200m	15 minutes of changing pace 1 whistle= RPE 3 2 whistles= RPE 7 If no facilitator, students create own session with at least 9 minutes of RPE 7 effort	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
	Advanced	35 minutes @ 4 RPE	2x400m, 1x800m 1x1200m, 1x800m 2x400m - Aim is to hold 7 RPE for the whole session - 1 minute standing rest between each rep - 2 minutes standing rest after the 1200m	18 minutes of changing pace 1 whistle= RPE 3 2 whistles= RPE 7 If no facilitator, students create own session with at least 11 minutes of RPE 7 effort	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

WEEK 4	Beginner	15 minutes @ 4 RPE	3km Time Trial	2x 5 minute games of bullrush <ul style="list-style-type: none"> - 2 minute break between games - Must keep at least at an RPE 3 the whole time (no walking) - Aim is to increase speed to avoid being tagged, but jog when no taggers are around 	Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core Optional Cross Training (e.g. yoga, swimming)
	Intermediate	25 minutes @ 4 RPE	3km Time Trial	3x 5 minute games of bullrush <ul style="list-style-type: none"> - 2 minute break between games - Must keep at least at an RPE 3 the whole time (no walking) - Aim is to increase speed to avoid being tagged, but jog when no taggers are around 	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
	Advanced	35 minutes @ 4 RPE	3km Time Trial	3x 5 minute games of bullrush, then 1x 3 minute game of bullrush <ul style="list-style-type: none"> - 2 minute break between games - Must keep at least at an RPE 3 the whole time (no walking) - Aim is to increase speed to avoid being tagged, but jog when no taggers are around 	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

WEEK 5	Beginner	20 minutes @ 4 RPE	6x400m- join advanced group for 2 reps, rest for 1 (X3)	On a footy/soccer field: 3 laps- RPE 7 on the straights/ RPE 3 on the goal line 2 minute standing rest after each 3 laps (X3)	Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core Optional Cross Training (e.g. yoga, swimming)
	Intermediate	25 minutes @ 4 RPE	8x400m- join advanced group for 2 reps, rest for 1 rep until finished	On a footy/soccer field: 4 laps- RPE 7 on the straights/ RPE 3 on the goal line 2 minute standing rest after each 4 laps (X3)	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
	Advanced	40 minutes @ 4 RPE	12x400m- all at 8 RPE 1 minute standing rest between each	On a footy/soccer field: 4 laps- RPE 7 on the straights/ RPE 3 on the goal line 2 minute standing rest after each 4 laps (X3) 3 laps build <ul style="list-style-type: none"> - 1 lap RPE 6 - 1 lap RPE 7 - 1 lap RPE 8 	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

WEEK 6	Beginner	20 minutes @ 4 RPE	4x600 - 1 at 6 RPE - 1 at 7 RPE - 2 at 8 RPE 200m walk between each and then wait for 1km runners (start each rep together)	90 seconds 'on'/60 seconds 'off' 60 seconds 'on'/30 seconds 'off' 30 seconds 'on'/15 seconds 'off' 15 seconds 'on'/15 seconds 'off' 3 MIN WALK (X2) 'On'= RPE 7 'Off'= RPE 3	Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core Optional Cross Training (e.g. yoga, swimming)
	Intermediate	30 minutes @ 4 RPE	4x800 - 1 at 6 RPE - 1 at 7 RPE - 2 at 8 RPE 200m walk between each and then wait for 1km runners (start each rep together)	90 seconds 'on'/60 seconds 'off' 60 seconds 'on'/30 seconds 'off' 30 seconds 'on'/15 seconds 'off' 15 seconds 'on'/15 seconds 'off' 3 MIN WALK (X3) 'On'= RPE 7 'Off'= RPE 3	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
	Advanced	40 minutes @ 4 RPE	4x1km - 1 at 6 RPE - 1 at 7 RPE - 2 at 8 RPE 200m active recovery between each- 100m jog/100m walk	90 seconds 'on'/60 seconds 'off' 60 seconds 'on'/30 seconds 'off' 30 seconds 'on'/15 seconds 'off' 15 seconds 'on'/15 seconds 'off' 3 MIN WALK (X3) 'On'= RPE 8 'Off'= RPE 3	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

WEEK 7

Beginner	25 minutes @ 4 RPE	1200- build pace each 400m (last 400m at RPE 8) 3 min rest 800 at RPE 6, but pick one 200m to surge to RPE 8 1x200 Handicap Race	15 minutes of changing pace 1 whistle= RPE 3 2 whistles= RPE 7 If no facilitator, students create own session with at least 6 minutes of RPE 7 effort	Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core Optional Cross Training (e.g. yoga, swimming)
Intermediate	30 minutes @ 4 RPE	1200- build pace each 400m (last 400m at RPE 8) 3 min rest 800 at RPE 6, but pick one 200m to surge to RPE 8 2x200 Handicap Races	18 minutes of changing pace 1 whistle= RPE 3 2 whistles= RPE 7 If no facilitator, students create own session with at least 9 minutes of RPE 7 effort	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
Advanced	45 minutes @ 4 RPE	1600- build pace each 400m (last 400m at RPE 8) 3 min rest 800 at RPE 6, but pick one 200m to surge to RPE 8 3x200 Handicap Races	20 minutes of changing pace 1 whistle= RPE 3 2 whistles= RPE 7 If no facilitator, students create own session with at least 11 minutes of RPE 7 effort	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

WEEK 8	Beginner	25 minutes @ 4 RPE	200m RPE 8/200m RPE 4 for 3 laps 2 mins standing rest after 3 laps (X2)	2x 7 minute games of bullrush <ul style="list-style-type: none"> - 2 minute break between games - Must keep at least at an RPE 3 the whole time (no walking) - Aim is to increase speed to avoid being tagged, but jog when no taggers are around 	Optional 15 minute strength circuit (bodyweight exercises only) 2-3 times per week- glutes, quads, hamstrings, calves, core Optional Cross Training (e.g. yoga, swimming)
	Intermediate	35 minutes @ 4 RPE	200m RPE 8/200m RPE 4 for 4 laps 2 mins standing rest after 4 laps (X2)	2x 7 minute games of bullrush, then 1x 5 minute game of bullrush <ul style="list-style-type: none"> - 2 minute break between games - Must keep at least at an RPE 3 the whole time (no walking) - Aim is to increase speed to avoid being tagged, but jog when no taggers are around 	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 additional easy run of 15-20 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)
	Advanced	45 minutes @ 4 RPE	200m RPE 8/200m RPE 4 for 5 laps 2 mins standing rest after 5 laps (X2)	2x 7 minute games of bullrush, then 2x 5 minute games of bullrush <ul style="list-style-type: none"> - 2 minute break between games - Must keep at least at an RPE 3 the whole time (no walking) - Aim is to increase speed to avoid being tagged, but jog when no taggers are around 	Optional 15 minute strength circuit (bodyweight exercises only) 3 times per week- glutes, quads, hamstrings, calves, core Optional 1 or 2 additional easy runs of 15-30 minutes (at 4 RPE) Low intensity, low-impact cross training (e.g. yoga, swimming)

NOTE: These resources are to be used as a guide only and teachers/coaches/session leaders must take into consideration the specific needs of students in their care. Sydney Run Carnivals is not held liable for any injury or adverse incident incurred as a result of using these guidelines.