



NOTES – 10K PROGRAM

*Monday - Thursday - Sunday runs are at an easy pace

*Tuesday & Fridays are session days... Warm up & warm down at sessions' completion by jogging easy for 6-8 minutes. After warm up jog perform some running drills (butt kicks, high knees, backwards running, etc) then do 2-4 x 60 metre strides at 75-100% of your maximum speed. Now you are ready to run fast!

How fast to run Tuesday intervals?

Run these intervals as fast as you can so that your last interval is as fast as your first (or close to).

Run so that you feel like you could do one more repetition if you really had to but no more than that. You should feel puffed!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 minute run	10 x 1 min (1 min jog/walk recovery)	Rest Day	30 minute run	20 min @ 10km pace plus 10 seconds per km	Rest Day	45 minute run
2	30 minute run	2 x 2 min, 3 x 90 sec, 4 x 1 min (1 min jog/walk recovery between all)	Rest Day	35 minute run	25 min @ 10km pace plus 10 seconds per km	Rest Day	50 minute run
3	35 minute run	7 x 2 min (90 sec jog/walk recovery)	Rest Day	40 minute run	25 minutes @ 10km pace plus 10 seconds per km	Rest Day	55 minute run
4	35 minute run	2 x 3 min, 3 x 2 min, 4 x 1 min (1 min jog/walk recovery between all)	Rest Day	45 minute run	1 x 20 minutes @ 10km pace plus 10 seconds per km (3 minute walk recovery) 1 x 10 minutes @ same pace as above	Rest Day	60 minute run
5	35 minute run	6 x 3 min (2 min jog/walk recovery)	Rest Day	45 minute run	1 x 20 minutes @ 10km pace plus 10 seconds per km (3 minute walk recovery) 1 x 15 minutes @ same pace as above	Rest Day	60 minute run
6	40 minute run	4 x 5 min (2.30 min jog recovery)	Rest Day	50 minute run	2 x 20 minutes @ 10km pace plus 10 seconds per km (3 minute walk recovery)	Rest Day	70 minute run
7	40 minute run	10 x 2 min (90 sec jog/walk rec)	Rest Day	40 minute run	3 x 2km @ 10km pace 5 minute jog recovery	Rest Day	50 minute run
8	40 minute run	6 x 1 min (1 min jog/walk recovery) 6 x 30 sec (1 min jog/walk recovery)	Rest Day	30 minute run	Rest Day	10 min easy jog & 4 x 60	RACE DAY