



# 10KM TRAINING PLAN



This training schedule is only a guide. Feel free to make minor modifications to suit your personal schedule. Always consult your doctor before attempting a new exercise program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c 11 Dec	stretch & strength	2km easy pace	15min cross training	2km hard pace + strength	Rest	20 min cross training	3km easy pace
w/c 18 Dec	stretch & strength	2km easy pace	20min cross training	2km hard pace + strength	Rest	30 min cross training	3km easy pace
w/c 25 Dec	stretch & strength	3km easy pace	25min cross training	2km hard pace + strength	Rest	40 min cross training	6km goal race pace
w/c 1 Jan	stretch & strength	4km easy pace	25min cross training	3km hard pace + strength	Rest	40 min cross training	5km strong pace
w/c 8 Jan	stretch & strength	5km easy pace	35min cross training	3km easy pace + strength	Rest	50 min cross training	6km goal race pace
w/c 15 Jan	stretch & strength	6km easy pace	35min cross training	3km hard pace + strength	Rest	60 min cross training	7km easy pace
w/c 22 Jan	stretch & strength	6km easy pace	40min cross training	3km hard pace + strength	Rest	60 min cross training	7km strong pace
w/c 29 Jan	stretch & strength	7km easy pace	45min cross training	3km easy pace + strength	Rest	60 min cross training	8km strong pace
w/c 5 Feb	stretch & strength	6km easy pace	40min cross training	3km hard pace + strength	Rest	60 min cross training	9km strong pace
w/c 12 Feb	stretch & strength	6km easy pace	40min cross training	3km easy pace + strength	Rest	Rest	Event day!

## GLOSSARY OF TERMS

**Warm-up:** Warming up is important. A suggestion is to jog a kilometre or two, sit down and stretch for 5-10 minutes, then run some easy strides (100 metres at near race pace).

**Runs:** The runs are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast. For those who use heart monitors would be running between 65 to 75 percent of maximum.

**Stretch & Strengthen:** Strength training can consist of push-ups, pull-ups, free weights or working out with various machines at a gym will keep you strong. Mondays and Thursdays would be good days to combine stretching and strengthening with your easy run, however, you can schedule Stretch & Strengthen on any day that is convenient for your lifestyle and schedule.

**Cross training:** This could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training.

**Rest:** Rest is a vital part of your training. Friday is always a day of rest in the programme.

## RUNNING PACE BREAKDOWN

Easy Pace – Run at a pace where you can still talk and your breathing is slightly heavy.

Strong Pace – The pace you can currently run 10km. breathing is heavy but you can hold this pace for a 10km race.

Hard Pace – The pace that you can currently run all kilometres of a 5km. Breathing is starting to become laboured but sustainable for longer distances.

Goal Race Pace – The pace that you are training to be able to maintain for each kilometre of your upcoming event.