

TRAINING PROGRAM

10KM Intermediate
12 Week



| WEEK | DAY ONE | DAY TWO | DAY THREE | DAY FOUR | DAY FIVE | DAY SIX | DAY SEVEN |
|------|--|---|---|--|--|---|---|
| 1 | REST | EASY RUN 25mins run easy pace, 5-10mins cool down | INTERVALS 40mins Swim, bike or strength | EASY RUN 30mins run easy pace, 5-10mins cool down | CROSS TRAIN 40mins Swim, bike or strength | INTERVALS 10mins warm up, 2mins run race pace, 1min recovery jog, repeat x5, 5-10mins cool down | LONG RUN 60mins run easy pace, 5-10mins cool down |
| 2 | REST or Strength/ stretching/core | INTERVALS 10mins warm up, 6mins run threshold pace, 2mins run recovery pace, repeat x4, 5-10mins cool down | INTERVALS 40mins Swim, bike or strength | HILLS 10mins warm up, 45mins run easy pace, utilise hills, 5-10mins cool down | REST | INTERVALS 10mins warm up, 15mins run threshold pace, 5mins recovery jog, repeat x2, 5-10mins cool down | LONG RUN 70mins run easy pace, 5-10mins cool down |
| 3 | REST or Strength/ stretching/core | EASY RUN 30mins run easy pace, 5-10mins cool down | CROSS TRAIN 30mins Strength or core | HILLS 10mins warm up, 30mins run easy pace, utilise hills, 5-10mins cool down | REST | INTERVALS 10mins warm up, 3mins run race pace, 1min recovery jog, repeat x6, 5-10mins cool down | LONG RUN 80mins run easy pace, 5-10mins cool down |
| 4 | REST or Massage | INTERVALS 10mins warm up, 7mins run threshold pace, 3mins run race pace, 3mins recovery jog, repeat x3, 5-10mins cool down | CROSS TRAIN 30mins Strength or core | EASY RUN 30mins run easy pace, 5-10mins cool down | REST | INTERVALS 10mins warm up, 5mins run race pace, 1min recovery jog, repeat x2, 5mins run race pace, 1min recovery jog, repeat x2, 5mins run race pace 5-10mins cool down | LONG RUN 45mins run easy pace, 5-10mins cool down |
| 5 | REST or Strength/ stretching/core | INTERVALS 10mins warm up, 7mins run threshold pace, 3mins run race pace, 3mins recovery jog, repeat x3, 5-10mins cool down | CROSS TRAIN 30mins Strength or core | THRESHOLD RUN 20mins run easy pace, 10mins run threshold pace, 5mins recovery jog, repeat x2, 5-10mins cool down | REST | INTERVALS 10mins warm up, 3mins run race pace, 2mins recovery jog, repeat x6, 5-10mins cool down | LONG RUN 75mins run easy pace, 5-10mins cool down |
| 6 | REST or Strength/ stretching/core | EASY RUN 30mins run easy pace, 5-10mins cool down | CROSS TRAIN 30mins or REST | THRESHOLD RUN 20mins run easy pace, 20mins run threshold pace, 20mins run easy pace, 5-10mins cool down | REST | EASY RUN 30mins run easy pace, 5-10mins cool down | LONG RUN 80mins run easy pace, 5-10mins cool down |
| 7 | REST or Strength/ stretching/core | INTERVALS 10mins warm up, 6mins run threshold pace, 3mins run race pace, 2mins recovery jog, repeat x4, 5-10mins cool down | CROSS TRAIN 30mins or REST | THRESHOLD RUN 15mins warm up, 15mins run threshold pace, 15mins run easy pace, 5-10mins cool down | REST | INTERVALS 10mins warm up, 2mins run race pace, 1min recovery jog, repeat x8, 5-10mins cool down | LONG RUN 80mins run easy pace, 5-10mins cool down |
| 8 | REST or Strength/ stretching/core | INTERVALS 10mins warm up, 2mins run threshold pace, 1min recovery jog, repeat x4, 2mins run threshold pace, 1min recovery jog, repeat x4, 5-10mins cool down | CROSS TRAIN 30mins or REST | EASY RUN 40mins run easy pace, 5-10mins cool down | REST | INTERVALS 10mins warm up, 12mins run race pace, 10mins recovery jog, 12mins run race pace, repeat x8, 5-10mins cool down | LONG RUN 80mins run easy pace, 5-10mins cool down |
| 9 | REST or Strength/ stretching/core | THRESHOLD RUN 15mins run easy pace, 15mins run threshold pace, 15mins run easy pace, 5-10mins cool down | CROSS TRAIN 30mins or REST | INTERVALS 15mins warm up, 2mins run race pace, 1min recovery jog, repeat x10, 5-10mins cool down | REST | EASY RUN 30mins run easy pace, 5-10mins cool down | LONG RUN 90mins run easy pace, 5-10mins cool down |
| 10 | REST or Strength/ stretching/core | THRESHOLD RUN 10mins run easy pace, 15mins run threshold pace, 2mins recovery jog, 15mins run threshold pace, 5-10mins cool down | CROSS TRAIN 30mins or REST | INTERVALS 10mins warm up, 12mins run race pace, 10mins recovery jog, 12mins run race pace, 5-10mins cool down | REST | EASY RUN 30mins run easy pace, 5-10mins cool down | LONG RUN 70mins run easy pace, 5-10mins cool down |
| 11 | REST or Strength/ stretching/core | THRESHOLD RUN 10mins run easy pace, 15mins run race pace, 10mins recovery jog, repeat x2, 5-10mins cool down | CROSS TRAIN 30mins or REST | EASY RUN 30mins run easy pace, 5-10mins cool down | REST | INTERVALS 10mins warm up, 2mins run race pace, 1min recovery jog, 12mins run race pace, repeat x6, 5-10mins cool down | LONG RUN 45mins run easy pace, 5-10mins cool down |
| 12 | CROSS TRAIN 30mins, focus on upper body and core | THRESHOLD RUN 10mins warm up, 1min run race pace, 1min recovery jog, repeat x10, 5-10mins cool down | REST | EASY RUN 30mins run easy pace, 5-10mins cool down | REST | INTERVALS 10mins warm up, 2mins run race pace, 1min recovery jog, repeat x6, 5-10mins cool down | LONG RUN 45mins run easy pace, 5-10mins cool down |

RACE WEEK - rest and recover, before the big day!

1. WALK SOME PARTS, AND REST, AND ENJOY GREENS, GOLDS AND BLUES

When you are out running, it is in no way recommended by any study that you should run the entire time. You may walk for anything from a minute to hours at the start of a run, or in the middle or at the end, or in some parts in a variety of walking, running and even sitting down for a long rest. The humans who walked out of Africa so long ago did not run all of their daily journeys. The idea is to comfortably increase your heart rate for a period of time that is not painful on your legs. The ideal is to use energy stored as glycogen, or fat, in this manner without illness.

The mental comfort of noticing colours, smells, sounds, feels of rain or plants, is a joy of life running gives. Light reflected from trees and sky is a stimulus to our minds which can cause health benefits and pleasure. An entirely pleasurable experience will see you more willing to get out regularly even on bad days. Pain is not an objective in becoming healthy. Both mental and physical enjoyment will benefit the body. Every sensory input can uplift.

2. SLEEP EASY AND COMFORTABLE

Sleep is the physical repair time for the body. The mind must also perform physical chemical processes during this sleep state. It is crucial that the things which we must do in coming days cannot be accomplished whilst lying in bed and that we must think of thoughts which are calming and assuring of our progress in life.

Take time to find which blankets, sheets, pillows, open or closed windows, clocks or radios or lights, are helpful or annoying. Then create the sleep environment which is correct for you. If you awake then decide if it is a toilet matter, food, water, or other issue causing the interruption. Gradually improved sleep can be found. Make notes?

3. TAKE REST DAYS, WEEKS OR MONTHS

The body is damaged and must repair after running. Sometimes even modest runs can accumulate damage in a part of the body which is not as advanced in development as the rest of it. A knee or an Achilles can often need several weeks for the cells in them to develop sufficiently to cope with the forces that the other leg muscles can exert. Blood chemistry can become disturbed by protracted training and other stresses to "the organism", you, and this can take weeks to be returned to balance, as for other "illnesses". The main part of exercise is absorption and adaptation. That is REST. You can almost not do too much rest. Age requires longer recovery to work.

Without adequate rest exercise is merely injury and will ultimately injure or sicken you. If the legs are "dead" or almost painful to run on, then clearly a very light work load only should occur. The use of much walking, fast or slow, or swimming, cycling, or rowing, should be considered. Further damaging the muscles will reduce repair processes and ultimately inhibit health gain.

4. THE BODY MAINTAINS WELL EVEN IN LOW OR NO TRAINING PERIODS

The body does not lose structure quickly. Google has many sites which give "cell life and replacement periods". Much of the body has several weeks as cell life and this means that the present state of the body is likely to be stable throughout periods of holiday breaks, illness, injury or high employment work task loads.

Some diminishment will be inevitable. The fundamental structure is slow to build and slow to rescind. Less is better than too much. Training response is better to stress that is not damaging. "Healing" (response) is slower as we age, so if the family or work commitments reduce training availability, relax and repair.

5. DRINK WATER AND DRINK MORE WATER

Most Australians are de-hydrated most of the time. Reasons vary; lack of drinking of water, salt in diet, coffee or other diuretics, sugar, air conditioning de-humidified air, a hot dry country and alcohol. Drink water every day, through the day, not just after a run, but at any time, small and regular sips of water are a health requirement. Running causes water loss of almost a litre per hour, or far more on some days. When running for more than 40 minutes it is sensible to have at least 200mL every 15 minutes. (By drinking 200mLs at home we can count how many swallows it requires). A loss of more than 2 litres (about 90 mins running, possibly far less on hot days) may cause severe muscle damage which can never be repaired, or worse, death. The least it does is slow us.

Carbohydrate needs water to be stored as glycogen (about 75% water) in muscles and liver. The kidneys need constant toxic waste removal flushing. The cooling of the brain and organs often uses water evaporation through skin perspiration or breath transpiration. The blood volume is maintained by interstitial water body water storages. Thus blood pressure and oxygen delivery is maintained at correct flows and pressures. A good practice is to drink at least 2 glasses early after sleep as there is transpiration water loss overnight, resulting in morning partial dehydration upon awakening. Regular drinks of water through each day should produce a need to urinate two or three times across the course of the day. A clearer output is generally a better indication. After running the blood volume is depleted and the single most important requirement immediately is water.

EASY RUN

Generally, we mean an easy run to be a long base run that lasts long enough to leave a runner moderately fatigued. The function of a long run is to increase endurance. The distance or duration required to achieve this effect depends on your current level of fitness. As a general rule, your longest run should be long enough to give you confidence that raw endurance will not limit you in a race.

THRESHOLD RUN

A threshold run is a sustained effort at a level of intensity which is the fastest pace that can be sustained for one hour in highly fit runners, or 20 minutes in less fit runners. Threshold runs can increase the speed you can sustain for a prolonged period of time, and increase the time you can sustain that faster pace.

INTERVALS AND FARTLEK

Interval workouts consist of repeated shorter segments of fast running separated by slow jogging or standing recoveries. This format enables a runner to pack more fast running into a single workout than he or she could with a single prolonged fast effort to exhaustion.