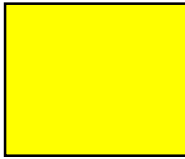


## 10KM "FIRST-TIMERS" TRAINING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	30min EASY	25min EASY	30min STEADY	OFF	4x30sec STRONG	30min EASY	50min EASY
<b>WEEK 2</b>	35min EASY	OFF	35min STEADY	40min EASY	4x1min STRONG	25min STEADY	55min EASY
<b>WEEK 3</b>	40min EASY	35min STEADY	35min EASY	OFF	4x1min STRONG	40min EASY	1hour STEADY
<b>WEEK 4</b>	30min EASY	25min EASY	30min STEADY	OFF	4x30sec STRONG	30min EASY	50min EASY
<b>WEEK 5</b>	40min EASY	40min STEADY	OFF	4xHill Bounds STRONG	35min EASY	35min STEADY	1hour EASY
<b>WEEK 6</b>	45min EASY	40min STEADY	5xHill Bounds STRONG	OFF	5xHill Bounds STRONG	45min EASY	1hr 10min EASY
<b>WEEK 7</b>	50min EASY	OFF	5xHill Bounds STRONG	50min STEADY	55min EASY	35min EASY	1hour 20min STEADY
<b>WEEK 8</b>	40min EASY	40min STEADY	OFF	4xHill Bounds STRONG	35min EASY	35min STEADY	1hour EASY
<b>WEEK 9</b>	55min EASY	4x1min RACE PACE	OFF	50min STEADY	55min EASY	50min STEADY	1hr 15min EASY
<b>WEEK 10</b>	60min EASY	OFF	4x1min RACE PACE	55min EASY	60min EASY	45min STEADY	1hr 15min STEADY
<b>WEEK 11</b>	50min EASY	65min STEADY	OFF	4x2min RACE PACE	55min EASY	50min EASY	1hr EASY
<b>WEEK 12</b>	40min EASY	4x1min RACE PACE	30min STEADY	OFF	30min EASY	20min EASY	<b>RACE DAY</b>

### KEY

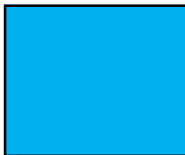
- EASY - Can easily talk to yourself while running along
- STEADY - Can still talk to yourself but the conversation is disjointed.
- STRONG - Can no longer talk to yourself while running
- RACE PACE - The pace you are wanting to run on RACE DAY



= Running on flat ground for allocated time at a pace that means you cannot talk to yourself or someone else. Before the session starts, run for 15min EASY. After each repetition, have 60-90seconds rest before starting the next repetition. At the end of the session, run for 15min EASY again to warm down.



= Single leg bounding (from left leg to right leg, then back to left leg) up a hill (apx 20-50m in length). Should be aiming to bound up the hill getting as far as you can with every bound. Your rest is running easily back down the hill (should be apx 60-90seconds). The session should start with 15min EASY running and finish with 15min EASY running.



= Running on flat ground at the pace that you intend on running on RACE DAY. Have a good amount of rest before starting the next repetition. You should be fully recovered so that you can run each at race pace. The session should start with 15min EASY running and finish with 15min EASY running.

If you would like continued personal coaching after the race, please contact me and we can sort something out. GOOD LUCK and RACE HARD!