



# 10km Training Program

This 10km training program provides key sessions and lets you structure the weekly key sessions into your working week.

It is important that you have at least one easy day or day off between all hard days. Hard days are those days where you complete the key sessions that are listed below.

## Key Sessions for the 10km

Three key sessions that we will use to prepare you for the 10km are:

- a longer aerobic run
- a speed/VO2 session
- and cruise intervals.

Below is a summary of each session type that is required to complete the 10km run.

### Long Aerobic Runs

This session should be completed once weekly, and is aimed at improving aerobic endurance, strength and fatigue resistance. This run should ideally be completed over natural undulating terrain and at a moderate/comfortable intensity for the duration of the run.

### Speed / VO2 Session

This weekly session has two components to it.

Each of these components will be emphasized at different times of the training program.

The speed portion of the session is conducted as a series of high-speed efforts ranging from 200-300metres in length. These efforts are aimed at improving your maximal speed and running economy. This improved running economy will filter down to slower speeds as well, such as your 10km race speed.

Each speed repetition is conducted in a fresh state, to allow to you hold good posture, and achieve high speeds. While these efforts are done at a high speed, they should **not** be a maximal sprint; focus on being fast, tall and in control of your technique.

The second part of the session is conducted after 4-5 minutes of easy running to allow recovery from the speed repetitions. These VO2 intervals are slightly longer, ranging in distance from 600-1000m in length. The aim is to boost your VO2 Max, sustainable running speed and increase your understanding of pacing. Between each effort a short recovery of between 90 seconds and 2 minutes is had, thus only partial recovery is allowed. These sessions should be completed on a track.

### **Cruise Intervals**

Cruise intervals are slightly longer intervals done at a speed a little slower than 10km race pace.

The aim of cruise intervals is to improve anaerobic threshold, strength and running economy.

These intervals should not be done too hard, as this negates the purpose of the session. However, by doing 4-7 minute intervals the session becomes quite stressful. Ideally, this session should be conducted on natural terrain that is predominantly flat, with a few small rises, such as ovals or golf course.

### **Warm up and Cool Down**

All sessions should have a warm up and cool down.

All sessions should begin with a 5-10 minute warm-up.

This should be made up of 5-8 minutes of easy jogging and then some drills to take your limbs through a wide range of motion, such as high knees and butt kicks.

It is also a good option to complete some short stride outs, especially prior to speed sessions.

It is also essential to complete an 5-10 minute cool down at the end of each session.

This will enhance recovery and will allow you to back up for your next session feeling fresher and ready to go.

### **Other Important Info**

The duration of the weekly long run includes 5 minutes of warm-up and 5 minutes of cool down.

All extra runs other than the three key weekly sessions should be recovery.

The key weekly sessions are outlined in the program below. There are only 3 sessions that need to be completed as part of the structured program each week.

However, for those runners wanting to break running 10km in 40 or 50 minutes, it is important to supplement these 3 key sessions with some lower intensity recovery runs. These runs can be completed 1-3 times weekly and should consist of 25-40 minutes of easy running. They should not be stressful at all, and in most cases you should finish the run feeling better than you did at the beginning.

## Training Speeds

The speed and intensity at which key sessions are completed is extremely important, and the suggestions should be followed closely. Follow the set paces, as these are the intensities designed to improve specific aspects of your running for a 10km race.

It is important that runners who are aiming for times between 40, 50 and 60 minutes adjust the paces accordingly.

After each suggested pace in Figure 1. There is a number in brackets representing the suggested exertion or intensity. This number is out of 10, with 1 being easiest and 10 being maximal.

When completing a 10km race the perceived exertion you would expect would be approximately a 7-8 out of 10. Although the paces may be different for each group, the perceived intensity should still be the same as we are trying to stimulate the same training response.

<b>To run 10km in 40 Minutes</b>	
<b>NOTE:</b> Your training runs should be at the following speed and intensity.	
Long aerobic Run	<b>4min 50 seconds to 5minutes 10 second per km</b> (With a perceived exertion of (5-6/10))
Speed Intervals	<b>42/64 sec per the</b> (200m & 300m respectively) (with a perceived exertion of 9 ½ /10)
V02 Intervals	<b>2:15/3:00/3:48</b> (600m, 800m, 1000m respectively) (with a perceived exertion of 8-8 ½ /10)
Cruise Intervals	<b>4:05-4:15</b> (with a perceived exertion of 7/10)

  

<b>To run 10km in 50 Minutes</b>	
<b>NOTE:</b> Your training runs should be at the following speed and intensity.	
Long aerobic Run	<b>6:05-6:15 min/km</b> (with a perceived exertion of 5-6/10)
Speed Intervals	<b>52/80 sec</b> (200m & 300m respectively) (with a perceived exertion of 9 ½ /10)
V02 Intervals	<b>2:45/3:45/4:42</b> (600m, 800m, 1000m respectively) (with a perceived exertion of 8-8 ½ /10)
Cruise Intervals	<b>5:05-5:15</b> (with a perceived exertion of 7/10)

  

<b>To run 10km in 60 Minutes</b>	
<b>NOTE:</b> Your training runs should be at the following speed and intensity.	
Long aerobic Run	<b>7:10-7:20 min/km</b> (with a perceived exertion of 5-6/10)
Speed Intervals	<b>63/103 sec</b> (200m & 300m respectively) (with a perceived exertion of 9 ½ /10)
V02 Intervals	<b>3:18/4:26/5:35</b> (600m, 800m, 1000m respectively) (with a perceived exertion of 8-8 ½ /10)
Cruise Intervals	<b>6:08-6:18</b> (with a perceived exertion of 7/10)

**Figure 1. Suggested Paces and Intensities for Key 10k Training Sessions**

# 8 Week Training Program

## Vitality Fun Run 10km Event Saturday 8<sup>th</sup> November 2014

10km in 40 minutes



8 week training session (10km in 40 minutes)			
<b>Week 1</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>2x5 min with 4 min recovery</b>	<b>4 x 200m/3x1000m with 2 min recovery</b>	<b>35 minutes</b>
<b>Week 2</b>	Cruise Intervals	Cruise Intervals	Cruise Intervals
	<b>2x7min with 4 min recover</b>	<b>4 X 200m/3x1000m with 2 min recovery</b>	<b>40 minutes</b>
<b>Week 3</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x6min with 3min recovery</b>	<b>4x300m/3x800m with 2 minutes recovery</b>	<b>40 minutes</b>
<b>Week 4</b> Recovery Week	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x7min with 4min recovery</b>	<b>3x200m/4x600m with 2 min recovery</b>	<b>45 minutes</b>
<b>Week 5</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>5x4min with 2 ½ min recovery</b>	<b>3x300m/4x1000m with 90sec recovery</b>	<b>45 minutes</b>
<b>Week 6</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x5 min with 4 min recovery</b>	<b>6x600m with 2 min recovery</b>	<b>40 minutes</b>
<b>Week 7</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x4 min with 2 min recovery</b>	<b>5x1000m with 90sec recovery</b>	<b>35 minutes</b>
<b>Week 8</b> Race week	VO2 session - 4 days prior (Wednesday 2nd November)	Surges - 2 days prior (Fridays 4 <sup>th</sup> November)	<b>RACE DAY</b>
	<b>4x600m (2:15) With 2min 30 secs recovery</b>	<b>30 minutes 4x 30 sec @ race pace, with 2 minutes recovery</b>	<b>Good luck!!!!</b>



## 8 Week Training Program

### Vitality Fun Run 10km Event Saturday 8<sup>th</sup> November 2014

10km in 50 minutes

8 week training session (10km in 50 minutes)			
<b>Week 1</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>2x4min with a 3min recovery</b>	<b>3x200/3x600m with 2min recovery</b>	<b>45 minute</b>
<b>Week 2</b>	Cruise Intervals	Cruise Intervals	Cruise Intervals
	<b>2x6min with 4min recovery</b>	<b>3x200m/3x800m with 2min recovery</b>	<b>50 minutes</b>
<b>Week 3</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x6min with 4min Recovery</b>	<b>4x200m/4x600m with 2min recovery</b>	<b>55 minutes</b>
<b>Week 4</b> Recovery Week	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x4min with 4min recovery</b>	<b>2x300m/3x600m with 2min recovery</b>	<b>55 minutes</b>
<b>Week 5</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x4min with 3min Recovery</b>	<b>3x300m/3x1000m with 90sec recovery</b>	<b>55 minutes</b>
<b>Week 6</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x5min with 4min recovery</b>	<b>4x800m with 2min Recovery</b>	<b>50 minutes</b>
<b>Week 7</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x3min with 2min Recovery</b>	<b>5x800m with 90sec recovery</b>	<b>45 minutes</b>
<b>Week 8</b> Race week	VO2 session - 4 days prior (Wednesday 2nd November)	Surges - 2 days prior (Friday 4 <sup>th</sup> November)	<b>RACE DAY</b>
	<b>4x600m in 2:45 with 2min recover</b>	<b>25min with 4x30sec @ race Pace, with 2min recovery</b>	<b>Good Luck!</b>



## 8 Week Training Program

### Vitality Fun Run 10km Event Saturday 8<sup>th</sup> November 2014

10km in 60 minutes

8 week training session (10km in 60 minutes)			
<b>Week 1</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>2x4min with 4min recovery</b>	<b>3x600m with 2min recovery</b>	<b>45 minutes</b>
<b>Week 2</b>	Cruise Intervals	Cruise Intervals	Cruise Intervals
	<b>2x5min with 4min recovery</b>	<b>3x200m/3x600m with 2min recovery</b>	<b>50 minutes</b>
<b>Week 3</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x5min with 3min recovery</b>	<b>3x200m/3x800m with 2min recovery</b>	<b>55 minutes</b>
<b>Week 4</b> Recovery Week	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>3x6min with 3min recovery</b>	<b>4x200m/3x600m with 2min recovery</b>	<b>55 minutes</b>
<b>Week 5</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x4min with 3min recovery</b>	<b>4x200m/3x800m with 90sec recover</b>	<b>60 minutes</b>
<b>Week 6</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x5min with 3min recovery</b>	<b>4x200m/3x1000m with 90sec recovery</b>	<b>60 minutes</b>
<b>Week 7</b>	Cruise Intervals	Speed/VO2 Session	Long Run
	<b>4x6min with 2min recovery</b>	<b>6x600m with 90sec recovery</b>	<b>55 minutes</b>
<b>Week 8</b> Race week	VO2 session - 4 days prior (Wednesday 2 <sup>nd</sup> November)	Surges - 2 days prior (Fridays 4 <sup>th</sup> November)	RACE DAY
	<b>3x600m in 3:18 With 2min recovery</b>	<b>25min with 4x30sec @ race pace, with 2min recovery</b>	<b>Good Luck!</b>

### **Other details of a 10km performance**

Achieving your 10km goals is not just about completing the key sessions. There are other important aspects of performance. Remember to follow a sensible nutritional plan, from day to day, and pre and post training. Stretching is also an essential aspect of training. Stretching should be completed after each training session, as well as during designated stretching sessions 2-3times per week. Improved flexibility will reduce the chance of injury, reduce fatigue, and improve running efficiency. Recovery is another crucial part of your training program that is often overlooked. Without adequate recovery, all those hard training sessions will not have time to sink in and cause an adaptive response. So allow plenty of time between sessions, get regular massage if possible, stretch, take it easy when your feeling run down, allow plenty of time for sleep each night, and eat within 30 minutes of finishing your training sessions.

### **Conclusion**

This program should provide a well rounded developmental program as you progress towards achieving your goals in the 10km event. This program should allow for some speed development as well as laying a solid foundation of endurance, strength and economy from which to build on in the future.

**Good luck at the Vitality Fun Run. If you require any more information and to register simply go to**

**[www.hamiltonfunrun.com](http://www.hamiltonfunrun.com).**

**Alternatively you can Call Mardi on 0401 572 018 or email [mgill@sthgrampians.vic.gov.au](mailto:mgill@sthgrampians.vic.gov.au)**

