

# 10KM TRAINING PROGRAM



# 10KM TRAINING PROGRAM INSTRUCTIONS

**Prior to commencing: Allow yourself a good 3 months of running. Building up to a level that finds you comfortably running for a 40min duration 3 times/week.**

## TYPES OF TRAINING SESSIONS

**1) COMFORTABLE RUNS** - These sessions are set to time only, i.e.; 30min or 50min. These runs are to be run at a comfortable pace (still able to carry out a conversation).

**2) SPEED SESSIONS** - These sessions will allow you to become a faster runner and involve an active 10-15min warm-up jog followed by what is noted (core of the session). Always finish your speed sessions with a cool-down jog followed by stretching.

**Example 1:** 6 x 500m, 1min SR. All 500 metre efforts will be run at a similar pace and by the time you have finished your 6th you will be starting to tire.

**Example 2:** 15 x 30sec/30sec JR. Alternating between running fast for 30sec and jogging for 30sec. Ideally your initial & final 30sec fast effort will be run at the same pace.

**Example 3:** 4 x 4min, 45sec SR. Run each 4min effort over the same initial stretch of ground, i.e.; back and forth (A-B 45sec SR/B-A 45sec SR & repeat)

**Example 4:** 15min effort. You will be running at an even pace throughout and when you finish you will feel like you could not have travelled much further while holding the same pace.

**Example 5:** Hill reps. These will last either side of 30sec and a slow jog back down the hill will act as your recovery. The hill won't be steep to the extent you're laboring towards the top. Choose a less gradual hill which allows you to maintain similar speed throughout.

**3) POSSIBLE RACE** - These will be run at an even pace throughout and when you finish you will feel like you could not have travelled much further while holding the same pace. You will be able to use your 3k Time Trial performances to help predict a manageable pace for your 5k (at a slightly slower pace). You will be able to use your performances in your 5k to help predict a manageable pace for your 10k event (at a slightly slower pace).

In need of further assistance?

Pat Carroll has mentored over 2000 runners during the past 20 years and can provide you with a more detailed and personalised training program. You will have the ability to converse with Pat via email throughout your campaign. For more information about Pat's services go to [www.patcarroll.com.au](http://www.patcarroll.com.au)



## DAY

## SESSION

## DETAILS




## WEEK 1

MONDAY

REST

TUESDAY

15 x 30 ON 30 OFF

Alternate between running at 80% effort for 30 sec and jogging for 30 sec. Have 1min JR between your 10th and 11th rep.

WEDNESDAY

REST

THURSDAY

40 MINS

FRIDAY

REST

SATURDAY

REST

SUNDAY

10KM RACE

Slightly slower than 5km Time Trial

## WEEK 2

MONDAY

REST

TUESDAY

15 MINS OF SPRINTS

Map out roughly a 100m X 50m rectangle on a grass oval. 15 min of alternating between sprinting one side (100m) and jogging the next (50m). Run each sprint as if it were your last. Have 1min SR once you reach 10min and then finish off with 5min of sprints.

WEDNESDAY

50 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

5KM TIME TRIAL

Slightly slower than 3km Time Trial

SATURDAY

STRENGTH TRAINING

SUNDAY

1HR 10 MINS

## WEEK 3

MONDAY

REST

TUESDAY

40 MINS

Alternate between running at 80% effort for 30 sec and jogging for 30 sec. Have 1min JR between your 10th and 11th rep.

WEDNESDAY

50 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

3KM TIME TRIAL

Quicker than previously

SATURDAY

STRENGTH TRAINING

SUNDAY

1HR 10 MINS

## WEEK 4

MONDAY

REST

TUESDAY

15 x HILL REPS

Hill reps to take around 30sec. You will be taking slightly shorter strides as opposed to running on the flat. Your landing action will be same as running on flat re your feet landing under your torso. You will need to power off more as your feet "leave the ground". Relax your shoulders and run tall (don't hunch over) - keeping your fists around hip height. The hill does not have to be all that steep. You still need to be able to run relatively quick. Jog back down for the recovery. Have 1min SR between your 10th and 11th rep.

WEDNESDAY

50 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

4 x 4 MIN, 1 MIN SR

A-B-A Format: Starting at point A run @ 80% effort for 2min, turn around and aim to arrive back at point A exactly @ 4min. If you arrive back too soon - you've gone out too slow, if you don't make it back in 4min you've gone out too fast. Aim to run the same pace out and back. Repeat 3 more times (1min SR between 4min efforts).

SATURDAY

STRENGTH TRAINING

SUNDAY

1HR

WEEK 5		
MONDAY	REST	
TUESDAY	15 MINS OF SPRINTS	Map out roughly a 100m X 50m rectangle on a grass oval. 15 min of alternating between sprinting one side (100m) and jogging the next (50m). Run each sprint as if it were your last. Have 1min SR once your reach 10min and then finish off with 5min of sprints.
WEDNESDAY	50 MINS	
THURSDAY	STRENGTH TRAINING	
FRIDAY	15 MINS EFFORT	Starting at point A run as hard as you can for 15min, arriving at point B. Please try and finish further than you have previously. Leave your sat nav watch at home.
SATURDAY	STRENGTH TRAINING	
SUNDAY	1HR	
WEEK 6		
MONDAY	REST	
TUESDAY	40 MINS	Recovery week - no fast running - reduced volume
WEDNESDAY	50 MINS	Recovery week - no fast running - reduced volume
THURSDAY	STRENGTH TRAINING	
FRIDAY	40 MINS	Recovery week - no fast running - reduced volume
SATURDAY	STRENGTH TRAINING	
SUNDAY	50 MINS	Recovery week - no fast running - reduced volume
WEEK 7		
MONDAY	REST	
TUESDAY	5 x 1K, 1 MIN 30 SEC SR	Slightly slower than 8 x 500m average.
WEDNESDAY	50 MINS	
THURSDAY	STRENGTH TRAINING	
FRIDAY	3KM TIME TRIAL	Slightly slower than 5 x 1k average.
SATURDAY	STRENGTH TRAINING	
SUNDAY	1HR	
WEEK 8		
MONDAY	REST	
TUESDAY	15 MINS OF SPRINTS	Map out roughly a 100m X 50m rectangle on a grass oval. 15 min of alternating between sprinting one side (100m) and jogging the next (50m). Run each sprint as if it were your last. Have 1min SR once your reach 10min and then finish off with 5min of sprints.
WEDNESDAY	50 MINS	
THURSDAY	STRENGTH TRAINING	
FRIDAY	15 MINS EFFORT	Starting at point A run as hard as you can for 15min, arriving at point B. Please try and finish further than you have previously. Leave your sat nav watch at home.
SATURDAY	STRENGTH TRAINING	
SUNDAY	1HR	

## DAY

## SESSION

## DETAILS



## WEEK 9

MONDAY

REST

TUESDAY

15 x HILL REPS

Hill reps to take around 30sec. You will be taking slightly shorter strides as opposed to running on the flat. Your landing action will be same as running on flat re your feet landing under your torso. You will need to power off more as your feet "leave the ground". Relax your shoulders and run tall (don't hunch over) - keeping your fists around hip height. The hill does not have to be all that steep. You still need to be able to run relatively quick. Jog back down for the recovery. Have 1min SR between your 10th and 11th rep.

WEDNESDAY

40 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

8 x 500M, 1 MIN SR

Record the average of the 8 splits.

SATURDAY

STRENGTH TRAINING

SUNDAY

50 MINS

## WEEK 10

MONDAY

REST

TUESDAY

50 MINS

WEDNESDAY

40 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

15 MINS EFFORT

Starting at point A run as hard as you can for 15min, arriving at point B. Please try and finish further than you have previously. Leave your sat nav watch at home.

SATURDAY

STRENGTH TRAINING

SUNDAY

50 MINS

## WEEK 11

MONDAY

REST

TUESDAY

10 x HILL REPS

Have 1min SR between your 5th and 6th rep.

WEDNESDAY

50 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

4 x 4 MIN, 1 MIN SR

A-B-A Format: Starting at point A run @ 80% effort for 2min, turn around and aim to arrive back at point A exactly @ 4min. If you arrive back too soon - you've gone out too slow, if you don't make it back in 4min you've gone out too fast. Aim to run the same pace out and back. Repeat 3 more times (1min SR between 4min efforts).

SATURDAY

STRENGTH TRAINING

SUNDAY

40 MINS

## WEEK 12

MONDAY

REST

TUESDAY

15 x 30 ON 30 OFF

Alternate between running at 80% effort for 30 sec and jogging for 30 sec. Have 1min JR between your 10th and 11th rep.

WEDNESDAY

40 MINS

THURSDAY

STRENGTH TRAINING

FRIDAY

8 x 1 MIN, 30 SEC JR

Alternate between running at 80% effort for 1min and jogging for 30 sec. Replace 30JR between 4th and 5th rep with a 1min JR.

SATURDAY

STRENGTH TRAINING

SUNDAY

40 MINS