

TRAINING SCHEDULE FOR A SUB 60-MINUTE 10K RUN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20 Minutes Slow Run	10 Minutes Intervals	Rest Day	25 Minutes Slow Run	Pyramid Session	Rest Day	30 Minutes Slow Run
WEEK 2	Rest Day	Hill Runners Workout	20 Minutes Slow Run	Rest Day	5k Tempo Run	20 Minutes Slow Run	Rest Day
WEEK 3	15 Minutes Intervals	25 Minutes Slow Run	Rest Day	Pyramid Session	Rest Day	40 Minutes Slow Run	Rest Day
WEEK 4	Hill Runners Workout	25 Minutes Slow Run	Rest Day	20 Minutes Slow Run	35 Minutes Tempo Run	Rest Day	15 Minutes Intervals
WEEK 5	Pyramid Session	30 Minutes Slow Run	Rest Day	Hill Runners Workout	20 Minutes Slow Run	Rest Day	50 Minutes Slow Run
WEEK 6	Rest Day	20 Minutes Intervals	30 Minutes Slow Run	Rest Day	Rest Day	Rest Day	Race Day

INTERVAL WORKOUT

Start with a quick five minute warm-up on the treadmill at a relaxed pace. A relaxed pace should be where you can talk to someone if you were running beside them.

Set the treadmill to 45 second intervals.

Your first 45 seconds should be at your usual comfortable running pace.

The next 45 second should be at almost a sprint

For example, if you usually run at around 5 minutes per km (12kmph), you should do the first 45 seconds at about 5.27 per km (11kmph). After 45 seconds is over, you should speed up to where you are almost at a sprint. So in the above instance, the 2nd 45 seconds should be at around 4.17 per km (14kmph).

Repeat this ten times to hit the 15-minute mark.

Once you've finished your intervals, do a five minute cool down, getting slower and slower until you're barely above a walk to make sure the leg muscles are properly cooled down.



HILL RUNNERS WORKOUT

Start with your five minute warm-up to loosen your legs.

Increase the incline on the treadmill to between 7-10 degrees and sprint for 30 seconds.

Drop the incline down to 4-5 degrees and jog for one minute.

Then increase the incline slightly higher, around 10-12 degrees and sprint for another 30 seconds.

Reduce the incline to 0.5 degrees and jog for one minute.

That's one set complete.

Go for five (or ten if you're feeling strong) sets and finish with a five minute cool down.



PYRAMID WORKOUT

Start at a speed that's no more than a brisk walk for one minute.

Every minute you should increase the speed by an interval of 1kmph. So if you started on 5kmph, after 60 seconds you go up to 6kmph.

Continue this until you're at a full-on sprint.

The last increase you should feel like it is as fast as you possibly can go for a whole minute.

Once you've reached your peak or the top of the pyramid, begin your slow descent.

Every minute reduce the speed by 1kmph again until you return to a slow walk for a two minute cool down.

