



Aims							
To run 10k!							
Beginner Programme: Morning							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	3-4k Easy run	Rest day Stretch	Jog 3k walk 5m x2	Rest day
2	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	3-4k Easy run	Rest day Stretch	6k run	Rest day
3	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	4-5k Easy run	Rest day Stretch	Jog 3.5k walk 5m x2	Rest day
4	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	4-5k Easy run	Rest day Stretch	7k run	Rest day
5	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6k Easy run	Rest day Stretch	Jog 4k walk 5m x2	Rest day
6	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6k Easy run	Rest day Stretch	8k run	Rest day
7	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	3-4k Easy run	Rest day Stretch	9km	Rest day
8	Jog 40m	Rest day Stretch	Track Session 4 See notes	4k Easy run	Rest day Stretch	10k Run day Kick butt!	Sleep in ;-)
Notes							
Track Sessions	Our coach will take you through these track sessions and call out your sets.						
Track session 1	Strength warm up / 3 x 5min efforts @ 65% / 7 min recovery between each.						
Track session 2	Strength warm up / 5 x 3 min efforts @ 70% / 4.5 min recovery between each						
Track session 3	Strength warm up / 6 x 2 min efforts @ 75% / 4 min recovery between each						
Track session 4	Strength warm up / 10 x 1 min efforts @ 80% / 2 min recovery between each						
Strength/Repeats							
Our coach will take you through this session.							
Session Description:		This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. There are 2 Sessions: (Session 1 = Weeks 1-4 / Session 2 = 5-7). Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.					
Session 1 (Weeks 1-4)				Session 2 (Weeks 5-7)			
5min light jog warm up		2.5mins Out and back		5min light jog warm up		2.5mins Out and back	
Strength Circuit		Press Ups (45secs) Pulse Squats (45secs) Press Ups (45secs) Pulse Squats (45secs)		Strength Circuit		Inchworm 45secs Burpee 45secs Inchworm 45secs Burpee 45secs	
Run Set:		4mins out and back (2 min turnaround)		Run Set:		4mins out and back (2 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Strength Circuit		Mountain Climber (45secs) Single Leg Squat - L Leg (45secs) Mountain Climber (45secs) Single Leg Squat - R Leg (45secs)		Strength Circuit		Marching Plank 45secs Single Leg Knee Drive 45secs Marching Plank 45secs Single Leg Knee Drive 45secs	
Run Set:		4mins out and back (2 min turnaround)		Run Set:		4mins out and back (2 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Strength Circuit		Press Ups (45secs) Pulse Squats (45secs) Press Ups (45secs) Pulse Squats (45secs)		Strength Circuit		Inchworm 45secs Burpee 45secs Inchworm 45secs Burpee 45secs	
Run Set:		4mins out and back (2 min turnaround)		Run Set:		4mins out and back (2 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Strength Circuit		Mountain Climber (45secs) Single Leg Squat - L Leg (45secs) Mountain Climber (45secs) Single Leg Squat - R Leg (45secs)		Strength Circuit		Marching Plank 45secs Single Leg Knee Drive 45secs Marching Plank 45secs Single Leg Knee Drive 45secs	
Run Set:		4mins out and back (2 min turnaround)		Run Set:		4mins out and back (2 min turnaround)	
Recovery:		1 min		Recovery:		1 min	
Run Set:		4mins out and back (2 min turnaround)		Run Set:		4mins out and back (2 min turnaround)	
Recovery:		30secs		Recovery:		30secs	
Run Set:		4mins out and back (2 min turnaround)		Run Set:		4mins out and back (2 min turnaround)	
Recovery:		30secs		Recovery:		30secs	



Aims To run 10k!

Intermediate Programme: Morning

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6k Easy run	Walk 30m	6km	Rest day
2	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6k Easy run	Walk 30m	7km	Rest day
3	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 1 See notes	5-6k Easy run	Walk 30m	8km	Rest day
4	Strength/Repeats - Session 1 See notes	Rest day Stretch	Track Session 2 See notes	5-6k Easy run	Walk 30m	9km	Rest day
5	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 2 See notes	5-6k Easy run	Walk 30m	10km	Rest day
6	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6k Easy run	Walk 30m	8km fast run	Rest day
7	Strength/Repeats - Session 2 See notes	Rest day Stretch	Track Session 3 See notes	5-6k Easy run	Walk 30m	12km run	Rest day
8	Jog 40m	Rest day Stretch	Track Session 4 See notes	5-6k Easy run	Walk 30m	10k Run day Kick butt!	Sleep in ;-)

Notes

Track Sessions Our coach will take you through these track sessions and call out your sets.

Track session 1 Strength warm up / 3 x 5min efforts @ 65% / 7 min recovery between each

Track session 2 Strength warm up / 5 x 3 min efforts @ 70% / 4.5 min recovery between each

Track session 3 Strength warm up / 6 x 2 min efforts @ 75% / 4 min recovery between each

Track session 4 Strength warm up / 10 x 1 min efforts @ 80% / 2 min recovery between each

Strength/Repeats Our coach will take you through this session.

Session Description: This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. There are 2 Sessions: (Session 1 = Weeks 1-4 / Session 2 = 5-7). Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.

Session 1 (Weeks 1-4)	Session 2 (Weeks 5-7)
5min light jog warm up	5min light jog warm up 2.5mins Out and back
Strength Circuit	Strength Circuit
Press Ups (45secs)	Inchworm 45secs
Pulse Squats (45secs)	Burpee 45secs
Press Ups (45secs)	Inchworm 45secs
Pulse Squats (45secs)	Burpee 45secs
Run Set:	Run Set:
4mins out and back (2 min turnaround)	4mins out and back (2 min turnaround)
Recovery:	Recovery:
1 min	1 min
Strength Circuit	Strength Circuit
Mountain Climber (45secs)	Marching Plank 45secs
Single Leg Squat - L Leg (45secs)	Single Leg Knee Drive 45secs
Mountain Climber (45secs)	Marching Plank 45secs
Single Leg Squat - R Leg (45secs)	Single Leg Knee Drive 45secs
Run Set:	Run Set:
4mins out and back (2 min turnaround)	4mins out and back (2 min turnaround)
Recovery:	Recovery:
1 min	1 min
Strength Circuit	Strength Circuit
Press Ups (45secs)	Inchworm 45secs
Pulse Squats (45secs)	Burpee 45secs
Press Ups (45secs)	Inchworm 45secs
Pulse Squats (45secs)	Burpee 45secs
Run Set:	Run Set:
4mins out and back (2 min turnaround)	4mins out and back (2 min turnaround)
Recovery:	Recovery:
1 min	1 min
Strength Circuit	Strength Circuit
Mountain Climber (45secs)	Marching Plank 45secs
Single Leg Squat - L Leg (45secs)	Single Leg Knee Drive 45secs
Mountain Climber (45secs)	Marching Plank 45secs
Single Leg Squat - R Leg (45secs)	Single Leg Knee Drive 45secs
Run Set:	Run Set:
4mins out and back (2 min turnaround)	4mins out and back (2 min turnaround)
Recovery:	Recovery:
1 min	1 min
Run Set:	Run Set:
4mins out and back (2 min turnaround)	4mins out and back (2 min turnaround)
Recovery:	Recovery:
30secs	30secs
Run Set:	Run Set:
4mins out and back (2 min turnaround)	4mins out and back (2 min turnaround)
Recovery:	Recovery:
30secs	30secs



Aims To run 10k!

Advanced Programme: Morning

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Strength/Repeats - Session 1 See notes	Rest and Stretch	Track Session 1 See notes	5-6k Easy run	Walk 30m	8k run	Rest day
2	Strength/Repeats - Session 1 See notes	Rest and Stretch	Track Session 1 See notes	5-6k Easy run	Walk 30m	10k run	Rest day
3	Strength/Repeats - Session 1 See notes	Rest and Stretch	Track Session 1 See notes	5-6k Easy run	Walk 30m	13k run	Rest day
4	Strength/Repeats - Session 1 See notes	Rest and Stretch	Track Session 2 See notes	5-6k Easy run	Walk 30m	10k run	Rest day
5	Strength/Repeats - Session 2 See notes	Rest and Stretch	Track Session 2 See notes	5-6k Easy run	Walk 30m	12k run	Rest day
6	Strength/Repeats - Session 2 See notes	Rest and Stretch	Track Session 3 See notes	5-6k Easy run	Walk 30m	8k Time Trial	Rest day
7	Strength/Repeats - Session 2 See notes	Rest and Stretch	Track Session 3 See notes	5-6k Easy run	Walk 30m	14km	Rest day
8	Jog 40m Easy Run	Rest and Stretch	Track Session 4 See notes	5-6k Easy run	Walk 30m	10k Run day Kick butt!	Sleep in ;-)

Notes

Track Sessions	Our coach will take you through these track sessions and call out your sets.
Track session 1	Strength warm up / 4 x 5min efforts @ 75% 5 min recovery between each.
Track session 2	Strength warm up / 6 x 3 min efforts @ 80% / 3 min recovery between each
Track session 3	Strength warm up / 8 x 2 min efforts @ 85% / 2 min recovery between each
Track session 4	Strength warm up / 15 x 1 min efforts @ 90% / 1 min recovery between each

Strength/Repeats Our coach will take you through this session.

Session Description: This session combines strength work and intensity running. Our coach will guide you through this session and give you your timings but please know what the session involves before you come to the session. There are 2 Sessions: (Session 1 = Weeks 1-4 / Session 2 = 5-7). Timing is the key for this session, we want quick transitions. The aim on the run sets is to get further along the course each time.

Session 1 (Weeks 1-4)		Session 2 (Weeks 5-7)	
5min light jog warm up	2.5mins Out and back	5min light jog warm up	2.5mins Out and back
Strength Circuit	Press Ups (45secs) Pulse Squats (45secs) Press Ups (45secs) Pulse Squats (45secs)	Strength Circuit	Inchworm 45secs Burpee 45secs Inchworm 45secs Burpee 45secs
Run Set:	4mins out and back (2 min turnaround)	Run Set:	4mins out and back (2 min turnaround)
Recovery:	1 min	Recovery:	1 min
Strength Circuit	Mountain Climber (45secs) Single Leg Squat - L Leg (45secs) Mountain Climber (45secs) Single Leg Squat - R Leg (45secs)	Strength Circuit	Marching Plank 45secs Single Leg Knee Drive 45secs Marching Plank 45secs Single Leg Knee Drive 45secs
Run Set:	4mins out and back (2 min turnaround)	Run Set:	4mins out and back (2 min turnaround)
Recovery:	1 min	Recovery:	1 min
Strength Circuit	Press Ups (45secs) Pulse Squats (45secs) Press Ups (45secs) Pulse Squats (45secs)	Strength Circuit	Inchworm 45secs Burpee 45secs Inchworm 45secs Burpee 45secs
Run Set:	4mins out and back (2 min turnaround)	Run Set:	4mins out and back (2 min turnaround)
Recovery:	1 min	Recovery:	1 min
Strength Circuit	Mountain Climber (45secs) Single Leg Squat - L Leg (45secs) Mountain Climber (45secs) Single Leg Squat - R Leg (45secs)	Strength Circuit	Marching Plank 45secs Single Leg Knee Drive 45secs Marching Plank 45secs Single Leg Knee Drive 45secs
Run Set:	4mins out and back (2 min turnaround)	Run Set:	4mins out and back (2 min turnaround)
Recovery:	1 min	Recovery:	1 min
Run Set:	4mins out and back (2 min turnaround)	Run Set:	4mins out and back (2 min turnaround)
Recovery:	30secs	Recovery:	30secs
Run Set:	4mins out and back (2 min turnaround)	Run Set:	4mins out and back (2 min turnaround)
Recovery:	30secs	Recovery:	30secs



Comments on my training

14 May	
15 May	
16 May	
17 May	
18 May	
19 May	
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27 June	
28 June	
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30 June	
1 July	
2 July	
3 July	
4 July	
5 July	
6 July	
7 July	Final 10km Run!



My Session Check List

Name							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8						Your 10km Run!	