

10km Advanced Training Program

Legend: w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

This is a 16 week program with week 1 being the event week.

Week 4	Week 3	Week 2	Week 1
Monday 45min jog	Monday 45min jog	Monday 45min jog	Monday 30min jog easy
_____	_____	_____	_____
_____	_____	_____	_____
Tuesday 10min jog w/u (20min effort, 5min jog) X 2 10min Jog c/d	Tuesday 10min jog w/u (20min effort, 5min jog) X 2 10min Jog c/d	Tuesday 10min jog w/u (10min effort, 2min jog) X 3 10min Jog c/d	Tuesday 10min jog w/u (15min effort) 10min Jog c/d
_____	_____	_____	_____
_____	_____	_____	_____
Wednesday	Wednesday	Wednesday	Wednesday
_____	_____	_____	_____
_____	_____	_____	_____
Thursday 50min jog (hilly course)	Thursday 60min jog (hilly course)	Thursday 60min jog (hilly course)	Thursday 40min jog
_____	_____	_____	_____
_____	_____	_____	_____
Friday	Friday	Friday	Friday 20min jog easy
_____	_____	_____	_____
_____	_____	_____	_____
Saturday 5min jog w/u, 40min run 5min Jog c/d	Saturday 5min jog w/u, 40min run 5min Jog c/d	Saturday 5min jog w/u, 30min run 5min Jog c/d	Saturday Light 10min jog and stretches
_____	_____	_____	_____
_____	_____	_____	_____
Sunday 75min jog	Sunday 80min jog	Sunday 80min jog	Sunday Melbourne Marathon Light 10min jog and stretches 10km Race GOOD LUCK
_____	_____	_____	_____
_____	_____	_____	_____

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Week 8

Monday 40min jog

Tuesday 10min jog w/u
(10min effort, 2min jog) X 3
10min Jog c/d

Wednesday

Thursday 45min jog (hilly course)

Friday

Saturday 5min jog w/u,
30min run
5min Jog c/d

Sunday 60min jog

Week 7

Monday 40min jog

Tuesday 10min jog w/u
(10min effort, 2min jog) X 3
10min Jog c/d

Wednesday

Thursday 50min jog (hilly course)

Friday

Saturday 5min jog w/u,
40min run
5min Jog c/d

Sunday 60min jog

Week 6

Monday 40min jog

Tuesday 10min jog w/u
(15min effort, 5min jog) X 2
10min Jog c/d

Wednesday

Thursday 50min jog (hilly course)

Friday

Saturday 5min jog w/u,
20min run
5min Jog c/d

Sunday 75min jog

Week 5

Monday 40min jog

Tuesday 10min jog w/u
(20min effort, 5min jog) X 2
10min Jog c/d

Wednesday

Thursday 50min jog (hilly course)

Friday

Saturday 5min jog w/u,
30min run
5min Jog c/d

Sunday 75min jog

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Week 12

Monday 30min jog

Tuesday 10min jog w/u
15min run
10min Jog c/d

Wednesday

Thursday 30min jog

Friday

Saturday 10min jog w/u
15min run
10min Jog c/d

Sunday 40min jog

Week 11

Monday 30min jog

Tuesday 10min jog w/u
(3min effort, 2min jog) X 5
10min Jog c/d

Wednesday

Thursday 40min jog

Friday
1/08/08

Saturday 10min jog w/u,
20min run
10min Jog c/d

Sunday 50min jog

Week 10

Monday 30min jog

Tuesday 10min jog w/u
(3min effort, 2min jog) X 5
10min Jog c/d

Wednesday

Thursday 40min jog

Friday

Saturday 30min run

Sunday 50min jog

Week 9

Monday 30min jog

Tuesday 10min jog w/u
(5min effort, 2min jog) X 5
10min Jog c/d

Wednesday

Thursday 45min jog

Friday

Saturday 5min jog w/u,
30min run
5min Jog c/d

Sunday 50min jog

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Week 16

Monday

Tuesday 10min walk w/u
10min jog 2min walk 10min jog
10min walk c/d

Wednesday

Thursday 10min walk w/u
20min jog
10min walk c/d

Friday

Saturday 10min walk w/u
15min jog 2min walk 10min jog
10min walk c/d

Sunday

Week 15

Monday

Tuesday 10min walk w/u
20min jog
10min walk c/d

Wednesday

Thursday 10min walk w/u
30min jog
10min walk c/d

Friday

Saturday 10min walk w/u
25min jog
10min walk c/d

Sunday

Week 14

Monday 10min walk w/u
20min jog
10min walk c/d

Tuesday 5min walk w/u
20min jog 5min walk 20min jog
5min walk c/d

Wednesday

Thursday 5min walk w/u
30min jog
5min walk c/d

Friday

Saturday 5min jog w/u
20min run
5min jog c/d

Sunday

Week 13

Monday 25min jog

Tuesday 10min jog w/u
10min run
10min Jog c/d

Wednesday

Thursday 5 min walk w/u
30min jog
5 min walk c/d

Friday

Saturday 10min jog w/u
15min run
5min Jog c/d

Sunday 35min jog
