

## 10KM Program



### Important reminders!

- Training should be an enjoyable form of torture!
- Scheduled “easy” sessions should be exactly that
- Slowing down and walking is ok!
- Be patient with yourself and take extra time to recover if you need
- Cross-training = GOOD!
- If it hurts ---> get it treated!
- Sleep, good food and recovery are key!
- Reformer Pilates is GREAT for running!

**This is a rough guide only, if you would like more specific planning, please contact the team at Gold Coast Sports Medicine & Rehabilitation!**



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<b>Week 1</b>	<b>Training</b>	<b>Completed/ Comments</b>
<i><b>Monday</b></i>	Easy run or walk - 10 mins	
<i><b>Tuesday</b></i>	Strength session or rest day	
<i><b>Wednesday</b></i>	Easy run or walk - 10 mins	
<i><b>Thursday</b></i>	Strength session or rest day	
<i><b>Friday</b></i>	Easy run/ walk 10 mins	
<i><b>Saturday</b></i>	Strength session or rest day	
<i><b>Sunday</b></i>	Long Run – 1 km This should be run at an easy pace, being able to hold a conversation throughout	

<b>Week 2</b>	<b>Training</b>	<b>Completed/ Comments</b>
<i><b>Monday</b></i>	Easy run or walk - 10 mins	
<i><b>Tuesday</b></i>	Strength session or rest day	
<i><b>Wednesday</b></i>	Easy run or walk - 10 mins	
<i><b>Thursday</b></i>	Strength session or rest day	
<i><b>Friday</b></i>	Easy run/ walk 10 mins	
<i><b>Saturday</b></i>	Strength session or rest day	
<i><b>Sunday</b></i>	Long Run – 1.5 km Run at an easy pace, being able to hold a conversation throughout	

<b>Week 3</b>	<b>Training</b>	<b>Completed/ Comments</b>
<b>Monday</b>	Easy run or walk - 15mins	
<b>Tuesday</b>	Strength session or rest day	
<b>Wednesday</b>	Fartlek session:4x 2min effort/ 2 min easy/walk	
<b>Thursday</b>	Strength session or rest day	
<b>Friday</b>	Easy run/ walk 15mins	
<b>Saturday</b>	Strength session or rest day	
<b>Sunday</b>	Long Run – 2 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 4</b>	<b>Training</b>	<b>Completed/ Comments</b>
<b>Monday</b>	Easy run or walk - 15mins	
<b>Tuesday</b>	Strength session or rest day	
<b>Wednesday</b>	Tempo run:3x 4min effort (3min rest btw sets)	
<b>Thursday</b>	Strength session or rest day	
<b>Friday</b>	Easy run/ walk 15mins	
<b>Saturday</b>	Strength session or rest day	
<b>Sunday</b>	Long Run – 3 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 5</b>	<b>Training</b>	<b>Completed/ Comments</b>
<b>Monday</b>	Easy run or walk - 20mins	
<b>Tuesday</b>	Strength session or rest day	
<b>Wednesday</b>	Fartlek session:5x 2min effort/ 1 min easy	
<b>Thursday</b>	Strength session or rest day	
<b>Friday</b>	Easy run/ walk 20mins	
<b>Saturday</b>	Strength session or rest day	
<b>Sunday</b>	Long Run – 4 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 6</b>	<b>Training</b>	<b>Completed/ Comments</b>
<b>Monday</b>	Easy run or walk - 20mins	
<b>Tuesday</b>	Strength session or rest day	
<b>Wednesday</b>	10min effort, 4 min rest, 10min effort	
<b>Thursday</b>	Strength session or rest day	
<b>Friday</b>	Easy run/ walk 20 mins	
<b>Saturday</b>	Strength session or rest day	
<b>Sunday</b>	Long Run – 5 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 7</b>	<b>Training</b>	<b>Completed/ Comments</b>
<i><b>Monday</b></i>	Easy run or walk - 25mins	
<i><b>Tuesday</b></i>	Strength session or rest day	
<i><b>Wednesday</b></i>	Fartlek session:8x 2min effort/ 1 min easy	
<i><b>Thursday</b></i>	Strength session or rest day	
<i><b>Friday</b></i>	Easy run/ walk 25mins	
<i><b>Saturday</b></i>	Strength session or rest day	
<i><b>Sunday</b></i>	Long Run – 6 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 8</b>	<b>Training</b>	<b>Completed/ Comments</b>
<i><b>Monday</b></i>	Easy run or walk - 25mins	
<i><b>Tuesday</b></i>	Strength session or rest day	
<i><b>Wednesday</b></i>	Tempo run:3x 8min effort (3min rest btw sets)	
<i><b>Thursday</b></i>	Strength session or rest day	
<i><b>Friday</b></i>	Easy run/ walk 25mins	
<i><b>Saturday</b></i>	Strength session or rest day	
<i><b>Sunday</b></i>	Long Run – 7 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 9</b>	<b>Training</b>	<b>Completed/ Comments</b>
<b>Monday</b>	Easy run or walk - 30mins	
<b>Tuesday</b>	Strength session or rest day	
<b>Wednesday</b>	Fartlek session:10x 2min effort/ 1 min easy	
<b>Thursday</b>	Strength session or rest day	
<b>Friday</b>	Easy run/ walk – 30mins	
<b>Saturday</b>	Strength session or rest day	
<b>Sunday</b>	Long Run – 8 kmRun at an easy pace, being able to hold a conversation throughout	

<b>Week 10</b>	<b>Training</b>	<b>Completed/Comments</b>
<b>Monday</b>	Easy run or walk - 20mins	
<b>Tuesday</b>	Strength session or rest day	
<b>Wednesday</b>	Easy run/ walk 20mins	
<b>Thursday</b>	Strength session or rest day	
<b>Friday</b>	Rest day	
<b>Saturday</b>	Rest day	
<b>Sunday</b>	Race Day – 10 kmGood luck! Stick to a plan, don't start out too fast and back yourself if you have done the work!	