



LEARN TO RUN PROGRAM



2010 10K PROGRAM



Weeks	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	21-Jun	TEMPO RUN	Day Off	Day Off	INTERVAL	Day Off	LONG RUN	Day Off
Week 2	28-Jun	-10 min		or	WORK -10		-10 min	or
Week 3	5-Jul	warm up		Easy Run	min warm		warm up	Cross Train
Week 4	12-Jul	-15 to 25 min			up		-30 to 90 min	
Week 5	19-Jul	steady run			-Run For		easy	
Week 6	26-Jul	@ 5 or			Life		run (1/2 of	
Week 7	2-Aug	10KM pace			Interval		weekly	
Week 8	9-Aug	-5 min cool			Workout		distance)	
Week 9	16-Aug	down			-10 min cool		-5 min cool	
Week 10	23-Aug	and stretch			down		down	
Week 11	30-Aug				and stretch		and stretch	
Week 12	6-Sep							
Week 13	13-Sep							
Week 14	20-Sep							
Week 15	27-Sep							
Week 16	4-Oct							
Week 16 +1	11-Oct							
Week 16 +2	18-Oct							

NOTES: Schedules are a guideline. Please adjust accordingly. (i.e your life schedule's; goals etc).

5KM and 10KM races are a perfect way to get race experience and can challenge all levels of runners. These distances can also help as part of a training regime for longer distances, helping develop speed and pacing abilities. 5KM and 10KM races are also very popular for event organizers and can be found in all seasons in most communities. Although there is no one program that works for everyone, here is a program that can get you to the start line. Always listen to your body rhythms and adjust accordingly.

Consistency is the key to any running program and for the 5KM and 10KM programs we recommend a minimum of 3 runs per week. If you are looking to build a stronger base, you may wish to add further easy runs to other days of the week. These easy-paced runs should range from 30-40 minutes in length. Keep in mind these runs are for recovery and need to be relaxed.

Interval training sessions are a key to improve your running strength, speed, confidence and are a key ingredient in any successful running plan.

Tried, tested and true workouts to help you run faster and achieve your goals. The goal is to let your body run at a quicker pace for a short period of time and then take a small break. This cycle is repeated and the body slowly adapts to the new quicker rhythm. These workouts are done by Olympians and new runners alike.

Be sure to begin any workout with a basic warm up (jog 10-20 minutes) and finish with a proper cool down including stretching. Interval workouts should be done once a week as part of a regular running program.

A few basic rules:
 -Intervals should be time dependent (ie. 1, 2, 3 or 4 minute runs)
 -Recovery time should be a slow jog (avoid walking if possible)
 -Recovery time should be approx. 1 minute each
 -Total interval volume should be approx. 15-20 minutes (ie. If you are doing a session of 2 minute runs, you should complete 7-10 intervals)

SAMPLE WORKOUTS (EASY AS 1-2-3)
 3 x 3 min run, 2 x 2 min run, 1 x 1 min run all with 1 min recovery
 15 x 1 min run with 1 min jog recovery
 7-9 x 2 min run with 1 min jog recovery
 5-6 x 3 min run with 1 min jog recovery
 3 x 1 min run, 3 x 3 min run, 3 x 1 min run all with 1 min jog recovery
 4 x 4 min run with 2 min jog recovery
 2 x 5 min tempo run with 2 min jog recovery, 6 x 1 min run with 1 min jog recovery
 The above workouts can take place anywhere. Incorporate hills and soft surfaces (trails or parks) whenever possible.



2010 HALF MARATHON PROGRAM



Weeks	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	21-Jun	4-6KM	<i>I</i>	R	6KM	5-7KM	6-8KM	Rest
Week 2	28-Jun	4-6KM	<i>N</i>		7KM	5-7KM	6-8KM	Rest
Week 3	5-Jul	4-6KM	<i>T</i>	E	7KM	5-7KM	10-12KM	Rest
Week 4	12-Jul	4-6KM	<i>E</i>		7-8KM	5-7KM	8-10KM	Rest/3KM
Week 5	19-Jul	4-6KM	<i>R</i>	S	7-8KM	5-7KM	10-12KM	Rest/3KM
Week 6	26-Jul	5-7KM	<i>V</i>		7-8KM	5-7KM	12-14KM	Rest/3KM
Week 7	2-Aug	5-7KM	<i>A</i>	T	7-9KM	5-7KM	10-12KM	Rest/3KM
Week 8	9-Aug	5-7KM	<i>L</i>		7-10KM	5-7KM	13-15KM	Rest/3KM
Week 9	16-Aug	5-7KM			7-10KM	5-7KM	10-12KM	Rest/3KM
Week 10	23-Aug	5-8KM	<i>T</i>	D	7-10KM	5-7KM	15-16KM	Rest/3KM
Week 11	30-Aug	5-8KM	<i>R</i>		7-10KM	5-7KM	13-15KM	Rest/3KM
Week 12	6-Sep	5-8KM	<i>A</i>	A	8-10KM	5-7KM	18-20KM	Rest
Week 13	13-Sep	5-7KM	<i>I</i>		8-12KM	5-7KM	15-16KM	Rest/3KM
Week 14	20-Sep	5-7KM	<i>N</i>	Y	7-10KM	5-7KM	12-14KM	Rest/3KM
Week 15	27-Sep	4-6KM	<i>I</i>		6-8KM	5-7KM	8-10KM	Rest
Week 16	4-Oct	5KM	<i>N</i>	5KM	Rest	Rest/2KM	TRAPLINE	Rest
Week 16 +1	11-Oct	Rest/3KM	<i>G</i>	Rest/3KM	3-7KM	Rest	5-7KM	Rest/3KM
Week 16 +2	18-Oct	4-6KM		Rest	7KM	5-7KM	6-8KM	Rest

Notes: Schedules are a guideline. Please adjust accordingly. (i.e your life schedule's; goals etc).

Monday- These should be a casual run, more to keep you loose than anything else.

Tuesday- Interval runs are an important part of any training regime. They will add speed.

Wednesday- Rest day. You deserve it after your Intervals!

Thursday- This is your sustained run. At the end of this run you should be out of juice.

Friday- Like Monday keep things loose.

Saturday- Long Run time. Work up to your distance as the weeks go on. You will note that after an increase in distance there is a drop back. This allows for recovery over the 16 weeks.

Sunday- Rest day but feel free to use it to work out the legs after your long run. Keep it under 3KM.

Interval training sessions are a key to improve your running strength, speed, confidence and are a key ingredient in any successful running plan.

Tried, tested and true workouts to help you run faster and achieve your goals. The goal is to let your body run at a quicker pace for a short period of time and then take a small break. This cycle is repeated and the body slowly adopts to the new quicker rhythm. These workouts are done by Olympians and new runners alike.

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- Recovery time should be approx. 1 minute each
- Total interval volume should be approx. 15-20 minutes (ie. If you are doing a session of 2 minute runs, you should complete 7-10 intervals)

SAMPLE WORKOUTS (EASY AS 1-2-3)

3 x 3 min run, 2 x 2 min run, 1 x 1 min run all with 1 min recovery

15 x 1 min run with 1 min jog recovery

7-9 x 2 min run with 1 min jog recovery

5-6 x 3 min run with 1 min jog recovery

3 x 1 min run, 3 x 3 min run, 3 x 1 min run all with 1 min jog recovery

4 x 4 min run with 2 min jog recovery

2 x 5 min tempo run with 2 min jog recovery, 6 x 1 min run with 1 min jog recovery

The above workouts can take place anywhere. Incorporate hills and soft surfaces (trails or parks) whenever possible.




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2010 MARATHON PROGRAM



Weeks	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	21-Jun	4-6KM	<i>I</i>	R	7-9KM	5-7KM	12-14KM	Rest
Week 2	28-Jun	4-6KM	<i>N</i>		7-10KM	5-7KM	13-15KM	Rest
Week 3	5-Jul	4-6KM	<i>T</i>	E	7-10KM	5-7KM	14-16KM	Rest
Week 4	12-Jul	4-6KM	<i>E</i>		7-10KM	5-7KM	14-17KM	Rest/3KM
Week 5	19-Jul	4-6KM	<i>R</i>	S	7-10KM	5-7KM	16-19KM	Rest/3KM
Week 6	26-Jul	5-7KM	<i>V</i>		7-10KM	5-7KM	20-23KM	Rest/3KM
Week 7	2-Aug	5-7KM	<i>A</i>	T	8-10KM	5-7KM	22-25KM	Rest/3KM
Week 8	9-Aug	5-7KM	<i>L</i>		10-13KM	Rest/3KM	24-27KM	Rest
Week 9	16-Aug	5-7KM			10-13KM	Rest/3KM	26-28KM	Rest
Week 10	23-Aug	5-8KM	<i>T</i>	D	9-13KM	Rest/3KM	30-33KM	Rest
Week 11	30-Aug	5-8KM	<i>R</i>		12-15KM	Rest/3KM	28-31KM	Rest
Week 12	6-Sep	5-8KM	<i>A</i>	A	9-13KM	Rest	32-36KM	Rest
Week 13	13-Sep	5-7KM	<i>I</i>		8-12KM	Rest	27-29KM	Rest
Week 14	20-Sep	5-7KM	<i>N</i>	Y	7-10KM	Rest/3KM	18-24KM	Rest
Week 15	27-Sep	4-6KM	<i>I</i>		6-8KM	Rest/5KM	8-10KM	Rest
Week 16	4-Oct	5KM	<i>N</i>	5KM	Rest	Rest/2KM	TRAPLINE	Rest
Week 16 +1	11-Oct	Rest/3KM	<i>G</i>	Rest/3KM	3-7KM	Rest	5-7KM	Rest/3KM
Week 16 +2	18-Oct	4-6KM		Rest	7KM	5-7KM	6-8KM	Rest

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