



## Run2Cure Training Program - 10k Beginner

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Athletics Australia, Level 2 Adv Rec Running

### 10k BEGINNER

**Description:** This program is designed for someone who can already run 5k but is ready to step it up to a 10k. You should be comfortable with the 1st week of training prior to starting. This program is 10 weeks long, with 3 runs scheduled per week.

**Begin date:** 24 January 2022

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5k run - easy	Rest	2.5k easy run 6x30sec effort (30sec jog) easy run to finish 5k total	Strength	Rest	5k long run - easy	Rest OR x-train
2	5.5k run - easy	Rest	2.5k easy run 4x1min effort (1min jog) easy run to finish 5.5k total	Strength	Rest	6k long run - easy	Rest OR x-train
3	6k run - easy	Rest	2.5k easy run-5x1min hills/jog down recovery-easy running to finish 5.5k total	Strength	Rest	7k long run - easy	Rest OR x-train
4	5.5k run - easy	Rest	2.5k easy run 2.5k @ tempo	Strength	Rest	5k long run - easy	Rest OR x-train
5	6.5k run - easy	Rest	2.5k easy run 4x90sec effort (1min jog)- easy run to finish 6k total	Strength	Rest	7k long run - easy	Rest OR x-train
6	7k run - easy	Rest	6.5k easy run	Strength	Rest	8k long run work-out: 3k easy 5k parkrun OR 5k tempo	Rest OR x-train
7	7.5k run - easy	Rest	3k easy run 4x2min effort (1min jog) easy run to finish 7k total	Strength	Rest	8k long run - easy	Rest OR x-train
8	7k run - easy	Rest	3k easy run 8x1min hills (jog down recovery) easy run to finish 7k total	Strength	Rest	9k long run - easy	Rest OR x-train
9	6.5k run - easy	Rest	3k easy run 5x1min effort (1min jog) easy run to finish 6k total	Strength	Rest	7k long run - easy	Rest
<b>Race Week</b>	35min run - easy	Rest	30min easy run	30min walk	Rest	Rest	<b>Run2Cure!</b>



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**10k BEGINNER - NOTES**

**Work-out Descriptions**

**Easy run** - Run relaxed and at a comfortable effort level. You should be able to have a simple conversation without being out of breath.

**Long run** - For the most part, your long run will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation during your long run.

**Effort** - A fast paced interval. Aim to maintain the same speed throughout the duration of the interval, instead of starting fast and fading.

**Jog recovery** - Very easy jog in between fast efforts. Allows you time to recover prior to the next fast effort.

**Tempo** - A working pace where you are comfortably uncomfortable running. You are not going breathless and are able to answer simple questions, but unable to have a conversation.

**Hills** - A hard effort, but on a hill. A slower paced effort than when on flat, but you will be working hard enough on an incline. The easy jog down is your recovery.

**X-train** - Cross training. Cycling, swimming, gym classes, pilates, etc. Enjoy your favourite work-out activity.

**Strength** - Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc. are all forms of strength sessions you may enjoy.

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 5</b>	6.5k run - easy	Rest	2.5k easy run effort (1min jog) to finish 6k total	4x90sec easy run	Strength	Rest	7k long run - easy  Rest OR x-train
<b>What to do</b>	Run at a comfortable, relaxed pace for 6.5k	Rest, stretch, foam roll, get a well deserved massage, etc.	Begin with a 2.5k easy, warm-up (wu) jog. Then run 4x90sec speed efforts at a fast pace you can sustain for the duration of the interval. Jog 1 min easy in between each fast interval. Finish running at an easy pace to finish required distance. This is a continuous run.	Strength work, pilates, gym class, etc.	Rest, stretch, foam roll, get a well deserved massage, etc.	Long run day. Keep long runs to a comfortable, relaxed pace unless otherwise specified. You should be able to hold a conversation.	Take a rest day. Or, cross train - cycle, swim, gym class, etc.