



Run2Cure Training Program - 10k Intermediate

Coach Jody Mullen

Athletics Australia, Level 2 Adv Rec Running

10k INTERMEDIATE

Description: This program is designed for someone who runs consistently, can run 10k and now wants to improve. You should be comfortable with the 1st week of training prior to starting. This program is 10 weeks long, with 4 runs scheduled per week.

Begin date: 24 January 2022

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|----------|---|-----------------------------|--------|---|--------------------|
| 1 | 3k easy 3k @ tempo easy to finish 6.5k | Strength | 6k run - easy | 5k run - easy | Rest | 9k long run - easy | Rest OR x-train |
| 2 | 2k easy 6x1min efforts (1min jog) easy to finish 6.5k | Strength | 6k run - easy | 6k run - easy | Rest | 10.5k long run - easy | Rest OR x-train |
| 3 | 2k easy 4k @ tempo easy to finish 7k | Strength | 6.5k run - easy | 6k easy run - undulating | Rest | 12k long run - easy | Rest OR x-train |
| 4 | 2k easy 6x90sec efforts (1min jog) easy to finish 7k | Strength | 6k run - easy | 6k run - easy | Rest | 3k easy 5k @ tempo OR parkrun 2k easy to finish | Rest OR x-train |
| 5 | 7k easy run - undulating | Strength | 2k easy 2x3k @ tempo (2min rest) | 6.5k run - easy | Rest | 12k long run - easy | Rest OR x-train |
| 6 | 2k easy 6k @ tempo 1k easy | Strength | 7k run - easy | 7k easy run - undulating | Rest | 13k long run - easy | Rest OR x-train |
| 7 | 3k easy 6x2min efforts (1min jog) easy to finish 9k | Strength | 7k run - easy | 6.5k run - easy | Rest | 4k easy 5k @ tempo OR parkrun 3k easy to finish | Rest OR x-train |
| 8 | 9k easy run - undulating | Strength | 3k easy 5x3min efforts (1min jog) easy to finish 8k | 8k run - easy | Rest | 14k long run - easy | Rest OR x-train |
| 9 | 2k easy 5x1k @ 10k pace (500m jogs) | Strength | 7k run - easy | 7k easy run - undulating | Rest | 8k long run - easy | Rest |
| Race Week | 2k easy 5x1min @ 10k pace (1min jog) easy to finish 6k total | Rest | 5k run - easy | 25min run - easy | Rest | Rest | Run2Cure! |



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10k INTERMEDIATE - 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.

Undulating run - An easy run on an undulating route. This helps to build additional strength even on an easy day. Maintain a consistent effort.

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 |
|-------------------|---|---|---|---|---|---|---|
| Week 4 | 2k easy 6x90sec efforts (1min jog) easy to finish 7k | Strength | 6k run - easy | 6k run - easy | Rest | 3k easy 5k @ tempo OR parkrun 2k easy to finish | Rest OR x-train |
| What to do | Begin with a 2k easy, warm-up (wu) jog. Then run 6x90sec 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. | Run at a comfortable, relaxed pace for 6k | Run at a comfortable, relaxed pace for 6k | 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. During week 4, you are incorporating a tempo work-out in your long run (OR parkrun). | Take a rest day. Or, cross train - cycle, swim, gym class, etc. |