



## Run2Cure Training Program - 10k Intermediate

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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
<b>Race Week</b>	2k easy 5x1min @ 10k pace (1min jog) easy to finish 6k total	Rest	5k run - easy	25min run - easy	Rest	Rest	<b>Run2Cure!</b>



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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
<b>Week 4</b>	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
<b>What to do</b>	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.