

Novice TEN WEEK 10K Program

- For 4 weeks, follow the below weekly regimen before starting into the more specific program final 6 week program that will take you up to race day.

2-3 x 30-40minute steady jog/ runs per week and 1 x 60minute run per week.

Final 6 weeks:

Day	Session	Comments	Effort
1 M	50mins Steady		
2 T	Rest		
3 W	45mins Steady		
4 T	Rest		
5 F	40mins Steady		
6 S	60mins Steady		
7 S	Rest		
8 M	50mins steady		
9 T	Rest		
10 W	Spin class – to challenge cardiovascular system (60mins) see www.migym.co.nz for times.		
11 T	Rest		
12 F	40mins Steady		
13 S	75mins steady		
14 S	Rest		
15 M	40mins hill focus (run 2x 8mins uphill at 90%, not steep, focus on form, could be port hills...)		
16 T	30mins steady, undulating course + stretch		
17 W	Rest		
18 T	Spin Express or 50mins biking with 20mins hard after 15mins easy Warm Up (WU).		
19 F	30mins steady (include 5 x 20secs fast)		
20 S	75mins steady, undulating course such as Maitai track		
21 S	Rest		
22 M	45mins steady, include 5 x 20secs fast with 40secs recovery		
23 T	20mins steady + Stretch		
24 W	Rest		
25 T	30mins steady running + Stretch class		
26 F	45mins steady running		
27 S	80-90mins steady running		
28 S	Rest		
29 M	45mins steady, include 5 x 20secs fast with 40secs recovery		
30 T	30mins easy		
31 W	45mins – WU 15, then 4 x 3mins fast (2min recovery) then 10mins WD jog.		
32 T	Rest/ Stretch class		
33 F	30mins easy		
34 S	50mins at 10km race pace		
35 S	Rest		
36 M	30mins easy		
37 T	Rest/ Stretches		
38 W	WU 15 easy, then 3 x 5mins @ 80%, 2mins rest, WD 15		
39 T	30mins easy + Stretch class		
40 F	20 mins easy		
41 S	<u>Rest</u>		
42 S	<u>Race Day – Good Luck!</u>		

