

## Training for the 10km

The 10km program is only recommended for those who have completed a 5km race, or are running continuously for over 30min. Due to there being only 6 weeks until the event it is recommended beginners try the 5km program first.

|                | <b>Session 1.</b>              | <b>Session 2.</b>                             | <b>Session 3.</b>    |
|----------------|--------------------------------|---|----------------------|
| <b>Week 1.</b> | 30min Steady Pace              | 6 min at 5km pace/Jog slow<br>5min x 3        | 40min Steady Pace    |
| <b>Week 2.</b> | 35min Steady Pace              | 2 x 2km with 3min recovery<br>walk in between | 45min Steady Pace    |
| <b>Week 3.</b> | 40min Steady Pace              | 6min at 5km pace/Jog slow<br>4min x 4         | 50min Steady Pace    |
| <b>Week 4.</b> | 45min Steady Pace              | 5x 1km with 2min recovery<br>walk             | 55min 10km Race Pace |
| <b>Week 5.</b> | 50min Steady Pace              | 6min at 5 km pace/Jog slow<br>3min x 5        | 60min 10km Race Pace |
| <b>Week 6.</b> | 6x500m with 2min recovery walk | 40min Steady Pace                             | <b>Race Day 10km</b> |

### Tips

- ❑ Try to space the 3 sessions out over the week to allow adequate recovery.
- ❑ Practice your pre and during race meals and hydration while training to find the best timing for you.
- ❑ Make sure you do a 5-10 minute warm up of walking and dynamic stretches before each session.
- ❑ Always stretch after each session
- ❑ If you require further assistance email [details@revfit.com](mailto:details@revfit.com)