

25 JULY 2021

21K · 10K · 5K

#RunMelbourne2021

TRAINING GUIDE

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2XU

 CITY OF
MELBOURNE

RUNNER'S
WORLD

 RM
RUN MELBOURNE

10K BEGINNER

If you have run on and off for six months, this guide will help guide you from running/walking to tackling a 10K run in 12 weeks.

GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
4	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
5	Rest	30min easy run	Rest	Warm up: 6 min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
6	Rest	30min easy run	Rest	Warm up: 5min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	8-9K
7	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Cross training/Gym	8-9K
8	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 2min easy run Cool down: 9-6 min easy run	Rest	Cross training/Gym	7-8K
9	Rest	30min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min rest Cool down: 5 min easy run	Rest	Cross training/Gym	9-11K
10	Rest	30min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min rest Cool down: 5 min easy run	Rest	Cross training/Gym	9-11K
11	Rest	30min easy run	Rest	Warm up: 10min run 5 x 800m mod/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	8K
12	Rest	30min easy run	Rest	Warm up: 10min 5 x 2min moderate run + 1min easy run Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases
HARD - Speaking is virtually impossible

10K INTERMEDIATE

If you've run 10K fun runs before but want to improve your time, this guide is perfect for you.
Use the 12 week plan to build up your speed and smash your target on race day.

GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min easy run	Rest	Warm up: 10 min run 2 x 1.5K @ target race pace + 2min rest + 800m hard + 2min rest + 400m hard + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	8K
2	Rest	30min easy run	Rest	Warm up: 10 min run 2 x 1.5K @ target race pace + 2min rest + 800m hard + 2min rest + 400m hard + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	8K
3	Rest	30min easy run	Rest	Warm up: 15 min run 1min fast + 1min easy jog + 2min fast + 1 min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	30min run - mod/hard pace	9K
4	Rest	40min easy run	Rest	Warm up: 15 min run 1min fast + 1min easy + 2min fast + 1 min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym or easy 30min run	9K
5	Rest	40min easy run	Rest	Warm up: 15 min run 5 x 1K @ target race pace + 90sec rest Cool down: 5min easy run	Rest	Cross training/Gym	8K
6	Rest	40min easy run	Rest	Warm up: 15min run 5 x 1K @ target race pace + 90 sec rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	10K
7	Rest	30min easy run	Rest	Warm up: 15min run 4 x 1500m @ 30 sec per K faster than target race pace + 90sec rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	10K
8	Rest	30min easy run	Rest	Warm up: 15min run 4 x 1500m 30 sec per K faster than target race pace + 90sec rest Cool down: 5min easy run	Rest	30min run - mod/hard pace	10K
9	Rest	30min easy run	Rest	Warm up: 15min run 6-8 x 2min efforts up a hill + jog down for a full recovery before starting the next repeat Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
10	Rest	30min easy run	Rest	Warm up: 15min run 6-8 x 2min efforts up a hill + jog down for a full recovery before starting the next repeat Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
11	Rest	30min easy run	Rest	Warm up: 15min run 6 x 800m faster than target race pace + 90 sec rest Cool down: 5min easy run	Rest	Cross training/Gym	8-10K
12	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy Cool down: 5min easy run	Rest	30min - include 3 x 2min builds	RACE DAY

BUILDS:

Begin your run at an easy pace, during the middle of the run increase your pace, and then increase it a second time to finish.

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

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