

25 JULY 2021

21K · 10K · 5K

#RunMelbourne2021

TRAINING GUIDE

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RM
RUNMELBOURNE



2XU



RUNNER'S
WORLD



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.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases
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