Welcome to the Intermediate Training Program for preparation for the Hamilton 10km



Hamilton 10km Intermediate Training

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mon	Rest or xtrain	Rest or xtrain	Rest or xtrain	Rest	Rest	Rest or xtrain
Tue	40 min run	40 min run	40 min run	3 km time trial	40 min run	40 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	SPEED	COMFORTABLE	COMFORTABLE
Wed	50 min run	50 min run	50 min run	40 min run	50 min run	50 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE
Thu	Rest or xtrain	Rest or xtrain	Rest or xtrain	40 min run	Rest or xtrain	Rest or xtrain
				COMFORTABLE		
Fri	15 hill reps	4 x 4 min 45sec SR	4 x 1km, 1 min SR	Rest	50 min run	15 hill reps
	STEADY	SPEED	SPEED		COMFORTABLE	STEADY
Sat	Rest	Rest	Rest	Rest	Rest	Rest
Sun	50 min run	55 min run	1hr run	1hr run Comfortable	1hr run	1hr 10 run
				COMFORTABLE OR		
	COMFORTABLE	COMFORTABLE	COMFORTABLE	10KM RACE SPEED	COMFORTABLE	COMFORTABLE

	Week 7	Week 8	Week 9	Week 10	Week 11		
Mon	Rest or xtrain	Rest or xtrain	Rest	Rest or xtrain	Rest		
Tue	40 min run	40 min run	15 hill reps	40 min run	3km time trial		
	COMFORTABLE	COMFORTABLE	STEADY	COMFORTABLE	SPEED		
Wed	50 min run	50 min run	40 min run	50 min run	40 min run		
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE		
Thu	Rest or xtrain	Rest or xtrain	40 min run	Rest or xtrain	40 min run		
			COMFORTABLE		COMFORTABLE		
Fri	8 x 1min, 30 sec JR	4 x 4 min, 45 sec SR	Rest	4 x 1km, 1 min SR	Rest		
	SPEED	SPEED		SPEED			
Sat	Rest	Rest	Rest	Rest	Rest		
Sun	1hr 10 run	1hr 15 run	1hr 10 run	50 min run	RACE DAY		
			COMFORTABLE OR				
	COMFORTABLE	COMFORTABLE	10KM RACE SPEED	COMFORTABLE			
KEYS COMFORTABLE SPEED	These runs are to be done at a comfortable pace (still able to carry out a conversation) and will constitute all your long runners these sessions will assist you to get faster. Do a light warm up (10-15 mins) then the outlined session at an even but						
RACE	challenging pace. Complete the session with a cool down which includes stretching. Lead up races are excellent stepping stones to gauge your current fitness and for you to practice your race routines (pre race meals, hydration etc)						
) Rest day, OR Gym/Cycle/Swim/Pool Run						
REST (OR XTRAIN)	nest day, on dyin/ cyt						
REST (OR XTRAIN) REST	Denotes a Rest only d		WR	Walking recovery			

remember that the key to enjoying your training and achieving your goals is "consistent training"