

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



Hamilton 10km Beginner 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	30 min run COMFORTABLE	30 min run COMFORTABLE	40 min run COMFORTABLE	3 km time trial SPEED	40 min run COMFORTABLE	40 min run COMFORTABLE
Wed	40 min run COMFORTABLE	40 min run COMFORTABLE	40 min run COMFORTABLE	40 min run COMFORTABLE	Rest or xtrain	40 min run COMFORTABLE
Thu	Rest or xtrain	Rest or xtrain	Rest or xtrain	40 min run COMFORTABLE	Rest or xtrain	Rest or xtrain
Fri	8 x 1 min, 30 sec JR SPEED	6 x 500m, 1 min SR SPEED	4 x 1km, 1 min SR SPEED	Rest	40 min run COMFORTABLE	15 hill reps STEADY
Sat	Rest	Rest	Rest	Rest	Rest	Rest
Sun	40 min run COMFORTABLE	50 min run COMFORTABLE	50 min run COMFORTABLE	50 min run COMFORTABLE OR RACE SPEED	1hr run COMFORTABLE	1hr run 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 COMFORTABLE	40 min run COMFORTABLE	15 hill reps STEADY	40 min run COMFORTABLE	12 x 30 sec JR SPEED
Wed	40 min run COMFORTABLE	40 min run COMFORTABLE	40 min run COMFORTABLE	40 min run COMFORTABLE	Rest
Thu	Rest or xtrain	Rest or xtrain	40 min run COMFORTABLE	Rest or xtrain	40 min run COMFORTABLE
Fri	4 x 4 min, 45 sec SR SPEED	8 x1 min, 30 sec JR SPEED	Rest	6 x 2 min, 30 sec JR SPEED	Rest
Sat	Rest	Rest	Rest	Rest	Rest
Sun	1hr run COMFORTABLE	1hr run COMFORTABLE	1hr run COMFORTABLE OR RACE SPEED	50 min run COMFORTABLE	RACE DAY

- KEYS**
- COMFORTABLE** These runs are to be done at a comfortable pace (still able to carry out a conversation) and will constitute all your long runs.
- SPEED** These sessions will assist you to get faster. Do a light warm up (10-15 mins) then the outlined session at an even but challenging pace. Complete the session with a cool down which includes stretching.
- RACE** 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 (OR XTRAIN)** Rest day, OR Gym/Cycle/Swim/Pool Run
- REST** Denotes a Rest only day (no xtrain)
- SR** Standing recovery
- WR** Walking recovery
- JR** Jog recovery

This 12 week training guide is a great overview of the commitment necessary to see you through the 10km distance. Whatever your goal remember that the key to enjoying your training and achieving your goals is "consistent training"