

TEAM VITALITY

Your first 10km

This is a programme for a regular parkrunner that finishes in 45-60 minutes and has never done a 10km

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
				50 days to your first 10 km	rest	5km parkrun	rest
WEEK 1	10min power-walk, 10min jogging, 10min power-walk	rest	40min cross training	10 times (1min run, 1min walk) = 20min	rest	5km parkrun	rest
WEEK 2	10min power-walk, 10min jogging, 10min power-walk	rest	40min cross training	15 times (1min run, 1min walk) = 30min	rest	5km parkrun	rest
WEEK 3	10min power-walk, 10min jogging, 10min power-walk	rest	45min cross training	17 times (1min run, 1min walk) = 34 min	rest	5km parkrun	rest
WEEK 4	15min power-walk, 15min jogging, 15min power-walk	rest	45min cross training	2 x 10 times (1min run, 1min walk) = 40min	rest	5km parkrun	rest
WEEK 5	15min power-walk, 20min jogging, 15min power-walk	rest	45min cross training	3 x 10 times (1min run, 1min walk) = 60min	rest	5km parkrun	rest
WEEK 6	15min power-walk, 15min jogging, 15min power-walk	rest	45min cross training	2 x 10 times (1min run, 1min walk) = 40min	rest	5km parkrun hard	rest
WEEK 7	30min cross training	rest	rest	10 times (1min run, 1min walk) = 20min	rest	Easy parkrun or rest	Peace 10 km at CT Marathon

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10km in 60min

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	40min easy jog	30min over hilly route: accelerate up and over hill, and jog down	rest	Fartlek (play with speed): 20min where you run one min fast, then one min slow	rest	40min slow, gradual increase with 10% every week	rest
WEEK 2	3 x 10min easy jog with 2min rest	400m repetitions uphill (start 2 times and build up to 5 times)	rest	20min where you run one min fast, then one min slow	rest	44min slow running	rest
WEEK 3	10km easy jog	12 x 400m on grass in 2min each 200m jog in between 10 x 1min fartlek with 45sec	20min jog recovery or rest	5km in 28min, 5km easy jog	rest	48min	rest
WEEK 4	12km easy	10 x 1min fartlek with 45sec	20min jog recovery or rest	400m hill repetitions 3-4 times	rest	5km in under 28min, followed by 5km jog	rest
WEEK 5	12km easy jog	6 x 800m in 4:15 with 4min rest	rest	3km in 15min followed by 20min jog	rest	15km easy	rest
WEEK 6	20min easy jog	10 x 400m in sub 1:50 with 200m jog between reps	rest	20min slow jog	rest	Aim for sub 60min over 10km	rest

Notes:

Week 1 & 2 is the conditioning phase and the block can be repeated 2-3 times until you can run 75min for a long run on a Saturday
 Week 3 & 4 is the intermediate phase where intervals will be introduced and the block can be repeated 2-3 times
 Week 5 & 6 is the season phase and will get you ready for the event