

# Get ready to run for South Africa

## Intermediate 10km road running training programme

Are you a regular runner averaging 30 – 35km per week and looking for ways to improve your 10km time? This training guide is perfect to help you prepare for your next 10km race – just in time for the Vitality Running World Cup.

**Remember to always get medical advice before starting on any exercise programme.**

Don't forget to start and end with a 5 – 10 minute jog to warm-up and cool down, before and after every session. After cooling down, take time to do some stretching.

### TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1</b>	30 min moderate pace with hills including 4 x 100m strides.	6 x 400m (10 sec faster than your 5km race pace) with a 400m recovery jog between intervals.	Strength training and cross training for 40 min.	Start with a 10 min easy run; then 3 x 3 min at tempo, with a 2 min recovery between intervals. This is followed by a 10 min moderate pace run.	Rest.	10km long run.	30 min Strength training and cross training.
<b>WEEK 2</b>	40 min moderate pace run.	4 x 800m (15 – 20 sec faster than the 10km race pace) with a 2 min recovery jog between intervals.	Strength training and cross training for 40 min.	5km time trial.	Rest.	12km (first 10km at moderate pace, then 2km at race pace).	Strength training and cross training for 30 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 3</b>	30 min moderate pace with hills including 4 x 100m strides.	8 x 400m (10 sec faster than your 5km race pace) with a 400m recovery jog between intervals.	Strength training and cross training for 40 min.	Start with a 15 min easy run, then 3 x 4 min at tempo with a 2 min recovery between intervals. This is followed by a 10 min run at moderate pace.	Rest.	15km long run.	Strength training and cross training for 30 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 4</b>	40 min moderate pace run.	4 x 800m (15 – 20 sec faster than your 10km race pace) with a 2 min recovery between intervals.	Strength training and cross training for 40 min.	5km time trial.	Rest.	15km long run.	Strength training and cross training for 30 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 5</b>	30 min moderate pace run with hills including 4 x 100m strides.	6 x 400m (10 sec faster than your 5km race pace) with a 400m recovery jog between intervals.	Strength training and cross training for 40 min.	Start with a 15 min easy run, then 4 x 3 min at tempo with a 2 min recovery jog between intervals. This is followed by a 10 min run at moderate pace.	Rest.	15km easy run.	Strength training and cross training for 30 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 6</b>	5km easy run. Include 4 x 100m strides.	Light strength training.	Rest.	4km (3km at moderate pace and 1km at tempo).	Rest.	20 min jog.	<b>10km RACE</b>

- **Easy run**  
Comfortable pace, where a conversation with your walking partner is easy.
- **Moderate pace run**  
You might be slightly breathless.
- **Moderate pace with hills**  
A moderate paced run that includes about 3 – 4 hills of 300m each.
- **Time trials**  
Make a concerted effort to maintain a fast pace.
- **Long run**  
Longer distance at a comfortable pace. You may choose to run for 9 min and walk for 1 min for the time given.
- **Repeats, tempo, hills, strides**  
Speed-work sessions.
- **Strength training**  
Type of exercise that uses resistance training to induce muscular contraction which builds the strength of skeletal muscles. It's not essential for you to finish the 10km distance, but it has tremendous benefits for your health and fitness.
- **Cross training**  
Choose to combine exercises of other disciplines to supplement your running and build strength and flexibility in your muscles. This is not essential, but it does make your programme more balanced.
- **Rest**  
A rest day does not include any exercise. This is a vital part of your training, as it is, in fact, when your muscles increase in strength.

Join the Vitality Running World Cup for free today.  
**Can we count you in?**