

# Get ready to run for South Africa

## Advanced 10km road run training programme

Hit the ground running with this advanced 10km road run training programme. Get the best advice and training guidelines for how you achieve your personal best time and increase the intensity of your speed-work sessions just in time for the Vitality Running World Cup. If you've been running for several years, and your average run is 40 – 50km per week, or if you are able to comfortably run 18km at a moderate pace, then get set for an intense but rewarding workout!

**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 the time to do some stretching.

### TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1</b>	40 min moderate pace with hills including 6 x 100m strides.	8 x 400m (10 sec faster than your 5km race pace) and 400m recovery jogs between intervals.	Strength training and cross training for 40 min.	Start with a 10 min easy run, then 3 x 3 min run at tempo with 2 min recovery jogs between intervals. This is followed by a 10 min run at moderate pace.	Rest.	12km long run.	Strength training and cross training for 40 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 2</b>	50 min moderate pace run.	5 x 800m (15 – 20 sec faster than 10km race pace). 2 min recovery jogs between intervals.	Strength training and cross training for 40 min.	5km time trial.	Rest.	12km (10km run at moderate pace and 2km at race pace).	Strength training and cross training for 40 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 3</b>	40 min moderate pace with hills including 6 x 100m strides.	8 x 400m (10 sec faster than your 5km race pace) and 400m recovery jogs between intervals.	Strength training and cross training for 40 min.	Start with a 15 min easy run, then a 3 x 4 min run at tempo with 2 min recovery jogs between intervals. This is then followed by a 10 min run at moderate pace.	Rest.	12km long run.	Strength training and cross training for 40 min.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 4</b>	50 min moderate pace run.	6 x 800m (15-20 sec faster than your 10km race pace) and 2 min recovery jogs between intervals.	Strength training and cross training for 40 min.	5km time trial.	Rest.	12km (10km run at moderate pace and 2km at race pace).	Strength training and cross training for 40 min.

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 6</b>	5km easy run, including 6 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 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 3 – 4 hills that are 300m each.
- **Long run**  
Longer distance at a comfortable pace. You may choose to run for 9 min and walk 1 min for the time given.
- **Time trials**  
Make a concerted effort to maintain a fast pace.
- **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 health and fitness benefits.
- **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 makes your programme more balanced.
- **Rest**  
A rest day does not include any exercise. This is a vital part of your training, as it is when when your muscles increase in strength.

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