

Intermediate Training Program

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 1	Mon, 23-Jan	Tue, 24 Jan	Wed, 25 Jan	Thu, 26 Jan	Fri, 27 Jan	Sat, 28 Jan	Sun, 29 Jan
January 2017	Rest Day	30 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 2	Mon, 30 Jan	Tue, 31 Jan	Wed, 1 Feb	Thu, 2 Feb	Fri, 3 Feb	Sat, 4 Feb	Sun, 5 Feb
January 2017	Rest Day	30 mins MA	Rest Day	30 mins MA	Rest Day	50 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 3	Mon, 6 Feb	Tue, 7 Feb	Wed, 8 Feb	Thu, 9 Feb	Fri, 10 Feb	Sat, 11 Feb	Sun, 12 Feb
February 2017	Rest Day	40 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 4	Mon, 13 Feb	Tue, 14 Feb	Wed, 15 Feb	Thu, 16 Feb	Fri, 17 Feb	Sat, 18 Feb	Sun, 19 Feb
February 2017	30 mins LA	35 mins MA	Rest Day	40 mins MA	Rest Day	50 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 5	Mon, 20 Feb	Tue, 21 Feb	Wed, 22 Feb	Thu, 23 Feb	Fri, 24 Feb	Sat, 25 Feb	Sun, 26 Feb
February 2017	Rest Day	35 mins undulating MA	Rest Day	40 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 6	Mon, 27 Feb	Tue, 28 Feb	Wed, 1 Mar	Thu, 2 Mar	Fri, 3 Mar	Sat, 4 Mar	Sun, 5 Mar
March 2017	30 mins LA	35 mins undulating MA	Rest Day	40 mins MA	Rest Day	60 mins LA (off road if poss)	Rest Day
Actual Dist/Time Conditions							
Week 7	Mon, 6 Mar	Tue, 7 Mar	Wed, 8 Mar	Thu, 9 Mar	Fri, 10 Mar	Sat, 11 Mar	Sun, 12 Mar
March 2017	Rest Day	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 8 March 2017	Mon, 13 Mar 30 mins LA	Tue, 14 Mar 40 mins undulating MA	Wed, 15 Mar Rest Day	Thu, 16 Mar 20 mins MA, 20 mins RP	Fri, 17 Mar Rest Day	Sat, 18 Mar 60 mins LA - off road if poss	Sun, 19 Mar Rest Day
Actual Dist/Time Conditions							
Week 9 March 2017	Mon, 20 Mar 30 mins LA	Tue, 21 Mar 45 mins undulating LA	Wed, 22 Mar Rest Day	Thu, 23 Mar 40 mins MA	Fri, 24 Mar Rest Day	Sat, 25 Mar 5km (this will give you an idea of your pace for the 10km - run on similar terrain to Hawkes Bay Marathon if poss)	Sun, 26 Mar Rest Day
Actual Dist/Time Conditions							
Week 10 March 2017	Mon, 27 Mar 30 mins LA	Tue, 28 Mar 45 mins undulating LA	Wed, 29 Mar Rest Day	Thu, 30 Mar 10 mins LA, 4 x 5 mins UA (with 2 mins LA) in between, 10 mins LA	Fri, 31 Mar Rest Day	Sat, 1 Apr 60 mins LA - off road if poss	Sun, 2 Apr 1 hour walk - off road if poss
Actual Dist/Time Conditions							
Week 11 April 2017	Mon, 3 Apr Rest Day	Tue, 4 Apr 40 mins MA	Wed, 5 Apr Rest Day	Thu, 6 Apr 20 mins LA, 20 mins MA	Fri, 7 Apr Rest Day	Sat, 8 Apr 80 mins LA	Sun, 9 Apr Rest Day
Actual Dist/Time Conditions							
Week 12 April 2017	Mon, 10 Apr Rest Day	Tue, 11 Apr 40 mins MA	Wed, 12 Apr Rest Day	Thu, 13 Apr 20 mins LA, 20 mins MA	Fri, 14 Apr Rest Day	Sat, 15 Apr 80 mins LA	Sun, 16 Apr Rest Day
Actual Dist/Time Conditions							
Week 13 April 2017	Mon, 17 Apr 30 mins LA	Tue, 18 Apr 45 mins undulating LA	Wed, 19 Apr Rest Day	Thu, 20 Apr 10 mins LA, 2 x 5 mins UA (with 5 mins LA in-between), 10 mins LA	Fri, 21 Apr Rest Day	Sat, 22 Apr 60 mins LA - off road if poss	Sun, 23 Apr Rest Day
Actual Dist/Time Conditions							
Week 14 April 2017	Mon, 24 Apr 30 mins LA	Tue, 25 Apr 40 mins RP	Wed, 26 Apr Rest Day	Thu, 27 Apr 10 mins LA, 20 mins RP, 10 mins LA	Fri, 28 Apr Rest Day	Sat, 29 Apr 90 mins (30 mins LA, 30 mins RP, 30 mins LA)	Sun, 30 Apr Rest Day
Actual Dist/Time Conditions							
Week 15 May 2017	Mon, 1 May Walk - 45 mins OR Rest	Tue, 2 May 40 mins MA	Wed, 3 May Rest Day	Thu, 4 May 10 mins LA, 2 x 5 mins UA (with 5 mins LA in-between), 10 mins LA	Fri, 5 May Rest Day	Sat, 6 May 20 mins LA, 20 mins UA, 20 mins LA	Sun, 7 May Rest Day
Actual Dist/Time Conditions							
Week 16 May 2017	Mon, 8 May 30 mins RP	Tue, 9 May Rest Day	Wed, 10 May 20 mins LA + 4 x 100m strides (not sprinting, just faster paced running)	Thu, 11 May Rest Day	Fri, 12 May 20 mins LA	Sat, 13 May Hawkes Bay International Marathon - 10km	Sun, 14 May Rest Day
Actual Dist/Time Conditions							



10km

Training Tips

16 Week Intermediate 10km Training Program

The 10km course is mainly flat and covers different terrains including road, bike trails and vineyards, so try and emulate this in your training as much as you can. This training program is based on 'time on feet' and your running should always be at a 'comfortable' level where you can hold a conversation.

This program is aimed at a beginner runner who is currently able to run for 30 minutes or 5km non-stop and is aiming to complete their first 10km. Running three times a week will give you enough 'base' to get to that finish line, but we also recommend adding in either a 4th easy run, or a cross training session for extra cardio. If you add in a session of strength training and yoga or Pilates then this will fully compliment your training and help prevent any injuries.

Make sure you listen to your body and stop if you're experiencing pain or niggles, also don't be afraid to take a rest day if you're feeling too tired. Make sure you back up your training with good nutrition and get plenty of sleep and then you'll get the best results from your hard work.

The following training zones are used in the program:

- LA = Lower Aerobic - easy paced running, can talk comfortably and you finish feeling great.
- MA = Mid Aerobic - comfortable running pace, can talk comfortably but breathing has increased.
- UA = Upper Aerobic - comfortably hard running pace, should be a bit breathless.
- RP = Race Paced running (your proposed pace on race day)

Use the first 5-10 minutes of each run as a 'warm up', so go easy to gradually increase your heart rate and get that blood pumping to the muscles where it's needed. Make sure you finish each session with a few minutes of foam rolling and then follow that with some static stretches (30-40 seconds each) for quads, hamstrings, calves, ITB and glutes.

The training program is a 'guideline' only and you must always train within your own capabilities