

10km Training
9 weeks starting 1st April 06

Phase 1		Week 1	ER		Week 2	ER		Week 3	ER
Monday	3-Apr	15 min easy	1	10-Apr	20 min easy	1	17-Apr	25 min easy	1
Tuesday	4-Apr	20 min easy	1	11-Apr	25 min easy	1	18-Apr	30 min easy	1
Wednesday	5-Apr	x-training	1	12-Apr	x-training	1	19-Apr	x-training	1
Thursday	6-Apr	Drills	2	13-Apr	Drills	2	20-Apr	Drills	2
Friday	7-Apr	Rest		14-Apr	Rest		21-Apr	Rest	
Saturday	8-Apr	20 min easy	1	15-Apr	25 min easy	1	22-Apr	30 min easy	1
Sunday	9-Apr	x-training	2	16-Apr	x-training	2	23-Apr	x-training	2
Total run time p/wk		55 min			65 min			1:25 min	

Phase 2		Week 4			Week 5			Week 6	
Monday	24-Apr	25 min easy	1	1-May	30 min easy	1	8-May	35 min easy	1
Tuesday	25-Apr	30 min steady	2	2-May	Hill run 25 min	2	9-May	Hill run 35 min	2
Wednesday	26-Apr	x-training	1	3-May	x-training	1	10-May	x-training	1
Thursday	27-Apr	Drills/speed	3	4-May	Drills/Speed	3	11-May	Drills/Speed	3
Friday	28-Apr	Rest		5-May	Rest		12-May	Rest	
Saturday	29-Apr	30 min constant	3	6-May	35 min constant	3	13-May	40 min constant	3
Sunday	30-Apr	x-training	2	7-May	x-training	2	14-May	x-training	2
Total run time p/wk		1:25 min			1:30 min			1:50 min	

Phase 3		Week7			Week 8			Week 9	
Monday	15-May	35 min easy	1	22-May	35 min easy	1	29-May	20 min easy	1
Tuesday	16-May	Intervals 45 min	3	23-May	Intervals 45 min	3	30-May	20 min steady	2
Wednesday	17-May	x-training	2	24-May	x-training	2	31-May	x-training	1
Thursday	18-May	Drills/speed	3	25-May	Drills/Speed	3	1-Jun	20 min easy	1
Friday	19-May	Rest		26-May	Rest		2-Jun	Rest	
Saturday	20-May	10km steady	4	27-May	50 min constant	3	3-Jun	10-15 min very easy	-1
Sunday	21-May	x-training	2	28-May	x-training	2	4-Jun	10km	??
Total run time p/wk		1:15min plus 10km			2 hours			1hr	

The x-training sessions are to be your choice. These sessions are at a easy to medium effort.
 If you are going to the gym and working with gym staff or a PT please talk to them about what you are doing

x-training can be: cycling, swimming or weights

Definition of effort rating (ER):

It is important to become aware of how hard your body is working. Listening to your body during training and racing is crucial if you want to do your best. We can quantify how hard the body is working by using a scale of exertion. This feeling should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort and fatigue. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion

Effort Rate	Associated Feeling	Heart Rate Range
1	Easy - Jogging or walk/jogging - cycling to work	45% - 50%
2	Moderately easy (brisk jogging, can hold a conversation)	51% - 60%
3	Moderate (long distance race pace, late for work cycling, can just manage to talk)	61% - 70%
4	Moderately hard (10km race pace, 40km cycle time trial pace, 1-2 word conversation)	71% - 80%
5	Hard (5km race pace, don't feel like talking)	81% - 90%
5+	Maximal (final sprint for the line, talking - forget it!)	91% - 100%