

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 BUILDUP	3-JUL	4-JUL Paced 2 to 3 x 2km @3k, 1km easy rec	5-JUL FREE training Wednesday 6pm	6-JUL PACE: Building kms x 3 to 4 (neg splits each 200 faster), 1 min rec	7-JUL	8-JUL Easy Run 5km	9-JUL Long Run 10km
11 BUILDUP	10-JUL	11-JUL 10 x 200m, 200 steady recovery	12-JUL FREE training Wednesday 6pm	13-JUL NEG Split out & back run 10 to 15 min back @10km pace	14-JUL	15-JUL Tempo 5km	16-JUL Long Run intraining 12km
10 BUILDUP	17-JUL	18-JUL 4 to 5 x 1km @5k, 1km steady rec	19-JUL FREE training Wednesday 6pm	20-JUL HILLS: Passive Hills over 3km loop 2 to 3 sets @10km pace surging hills,	21-JUL	22-JUL Tempo 5km	23-JUL Threshold 10km/Race
9 STRONG	24-JUL	25-JUL 2- 3 x Lactate 2kms, 1km rec	26-JUL FREE training Wednesday 6pm	27-JUL NEG Split 2 x 3km, Half Pace, 10km pace no rec	28-JUL	29-JUL Tempo 5km	30-JUL Long Run intraining 12km
8 RECOVERY	31-JUL	1-AUG 4 to 6 x 800M, 200M float rec	2-AUG FREE training Wednesday 6pm	3-AUG TEMPO: 2 to 3 x 10 min @Half Pace, 1 min rec	4-AUG	5-AUG Easy Run 5km	6-AUG BRR 10km
7 STRONG	7-AUG	8-AUG Rhythm 1km's x 5 @5 sec, 1min rec	9-AUG FREE training Wednesday 6pm	10-AUG FARTLEK 5km easy, 3 min rec then 1km Time Trial on Flat	11-AUG	12-AUG Tempo 5km	13-AUG Long Run 15km
6 STRONG	14-AUG	15-AUG 4 to 5 x 1km @5k, 1km steady rec	16-AUG FREE training Wednesday 6pm	17-AUG NEG Split out & back run 10 to 15 min back @10km pace	18-AUG	19-AUG Tempo 5km	20-AUG Threshold 10km/Race
5 STRONG	21-AUG	22-AUG Rhythm 500's x 5 to 8 @2 sec, 1min rec	23-AUG FREE training Wednesday 6pm	24-AUG TEMPO: 2 to 3 x 10 min @Half Pace, 1 min rec	25-AUG	26-AUG Tempo 5km	27-AUG Long Run 15km
4 STRONG MAX	28-AUG	29-AUG Pyramid 500m1/2/1/500m neg split	30-AUG FREE training Wednesday 6pm	31-AUG NEG Split 2 to 3 x 3km, Mar pace, Half Pace, 10km pace no rec	1-SEP	2-SEP Tempo 5km	3-SEP Long Run intraining 15km
3 SHARPENING	4-SEP	5-SEP 6 x 500M @3k, 500M steady rec	6-SEP FREE training Wednesday 6pm	7-SEP HILLS: 3 to 4 x Long Hill Reps 3min Moderate even grade Hill	8-SEP	9-SEP Easy Run 5km	10-SEP BRR 10km predictor
2 SHARPENING	11-SEP	12-SEP POWER 3 x 1km, max rec	13-SEP FREE training Wednesday 6pm	14-SEP FARTLEK 5km easy, 3 min rec then 1km Time Trial on Flat @90%.	15-SEP	16-SEP Fast 5km	17-SEP 10km Breakfast Run
1 PEAKING	18-SEP	19-SEP PACED 3 x 1km, 2 min rec	20-SEP FREE training Wednesday 6pm	21-SEP PACE Steady 3km Run for BMF @ 10km race pace	22-SEP	23-SEP RELAX!	



10KM coached by **intraining** running and triathlon club

EXPERIENCED
12WK TRAINING GUIDE

FREE training Wednesday 6pm at intraining Running Centre, 33 Park Road, Milton.
Note: All Wednesday sessions are explained by coaches on the night

- Float/Easy:** Pace where you are able to talk easily and a breathing cycle is every three steps of one foot.
- Steady:** Pace that is harder to talk and a breathing cycle is every two steps of one foot.
- Brisk:** Pace between Steady and Fast
- Threshold:** Run slightly faster than easy pace
- Tempo and Time Trial (TT):** Slightly slower than your race pace for that distance
- Rec:** Is the recovery between repetitions (reps) in a session
- Power:** Pace run faster than you have done in the lead up sessions.
- Speed sessions are structured as follows:** 6 to 8 x 1km reps @5km pace with 1km steady rec inbetween each rep
- Rhythm efforts:** Pace judgement. Goal to run each repition faster.
- Pyramid:** Ascending distance or time, followed by descending distance or time.
- Ladder:** Ascending/descending distances and/or pace
- ⌚:** Faster by this time period for each effort
- BRR:** Brisbane Road Runners Club mini event [click here](#)