

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 BUILDUP	2-JUL Intraining Group 5km	3-JUL	4-JUL Rhythm 500M's x 4 to 6 ¢2sec, 1 min rec <small>FREE training Wednesday 6pm</small>	5-JUL	6-JUL EASY RUN 5KM	7-JUL	8-JUL Long Run 6km
11 BUILDUP	9-JUL Intraining Group 5km	10-JUL	11-JUL 6 to 8 x 200M, 1km TT <small>FREE training Wednesday 6pm</small>	12-JUL	13-JUL	14-JUL parkrun 5km	15-JUL Easy Run 5km
10 BUILDUP	16-JUL Intraining Group 8km	17-JUL	18-JUL Rhythm 1km's x 3 to 4 ¢5sec, 3 min rec <small>FREE training Wednesday 6pm</small>	19-JUL	20-JUL EASY RUN 5KM	21-JUL	22-JUL Long Run 8km
9 STRONG	23-JUL Intraining Group 5km	24-JUL	25-JUL Rhythm 500M's x 4 to 6 ¢2sec, 1 min rec <small>FREE training Wednesday 6pm</small>	26-JUL	27-JUL	28-JUL parkrun 5km	29-JUL Easy Run 5km
8 RECOVERY	30-JUL Intraining Group 5km	31-JUL	1-AUG Ladder Up 200/400/600 /800/1k <small>FREE training Wednesday 6pm</small>	2-AUG	3-AUG EASY RUN 5KM	4-AUG	5-AUG BRR 5km
7 STRONG	6-AUG Intraining Group 8km	7-AUG	8-AUG 3 to 4 x 1km @5km pace with a 3 min rec <small>FREE training Wednesday 6pm</small>	9-AUG	10-AUG	11-AUG parkrun 5km	12-AUG Easy Run 5km
6 STRONG	13-AUG Intraining Group 8km	14-AUG	15-AUG Ladder Down 1k/800/600 /400/200 <small>FREE training Wednesday 6pm</small>	16-AUG	17-AUG EASY RUN 5KM	18-AUG	19-AUG Long Run 8km
5 STRONG	20-AUG Intraining Group 5km	21-AUG	22-AUG Rhythm 500M's x 4 to 6 ¢2sec, 1 min rec <small>FREE training Wednesday 6pm</small>	23-AUG	24-AUG	25-AUG parkrun 5km	26-AUG Easy Run 5km
4 STRONG MAX	27-AUG Intraining Group 8km	28-AUG	29-AUG Pyramid 200/500/1 /500/200 neg splits <small>FREE training Wednesday 6pm</small>	30-AUG	31-AUG EASY RUN 5KM	1-SEP	2-SEP Long Run 8km
3 SHARPENING	3-SEP Intraining Group 5km	4-SEP	5-SEP 6 x 200M, 1km TT <small>FREE training Wednesday 6pm</small>	6-SEP	7-SEP EASY RUN 5KM	8-SEP	9-SEP BRR 5km predictor
2 SHARPENING	10-SEP Intraining Group 8km	11-SEP	12-SEP POWER 3 x 1km, max rec <small>FREE training Wednesday 6pm</small>	13-SEP	14-SEP	15-SEP parkrun 5km	16-SEP 5km Breakfast Run
1 PEAKING	17-SEP Intraining Group 5km	18-SEP	19-SEP PACED 5 x 1km, 2 min rec <small>FREE training Wednesday 6pm</small>	20-SEP	21-SEP	22-SEP 	RELAX!



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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 repetition 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](#)