

10 WEEK RACE TRAINING PLAN



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1 Introduction	3km Easy Run – FLAT	REST	2km EASY Run – FLAT	REST	3km Easy Run – FLAT	2km Easy Run – FLAT	REST	10km
2 Introducing Speed	4km Easy Run – FLAT	REST	3km Easy Run – FLAT	REST	1km Warm Up/2km @Goal Race Pace/1km Cool Down	2km Easy Recovery Run	REST	13km
3 Consolidation	4km Easy Run – FLAT	REST	3km Easy Run – FLAT	REST	1km Warm Up/3km @ Goal Race Pace/ 1km Cool Down	2km Easy Recovery Run – FLAT	REST	14km
4 Introducing Hills	5km Easy Run – FLAT	REST	3km Hill Run (Find an undulating Loop)	REST	2km Easy Run – FLAT	3km Easy Run – FLAT	REST	13km
5	5km Easy Run – FLAT	REST	4km Hill Run (Undulating Loop)	REST	1km Warm Up/4km @ Goal Race Pace/ 1km Cool Down Run	3km Easy Recovery Run – FLAT	REST	18km
6 Extra Hill Week	7km Easy Run – FLAT	REST	4km Hill Run (Undulating Loop)	REST	2km Easy Recovery Run	5km Hill Run (Undulating Loop)	REST	18km
7	9km Easy Run – FLAT	REST	4km Hill Run (Undulating Loop)	REST	1km Warm Up/4km @ Goal Race Pace/1km Cool Down Run	3km Easy Recovery Run - FLAT	REST	22km
8 Consolidation	10km Easy Run – FLAT	REST	3km Easy Recovery Run – FLAT	REST	6km Hill Run (Undulating Loop)	2km Easy Recovery Run – FLAT	REST	21km
9 Taper	11km Easy Run – FLAT	REST	2km Easy Recovery Run – FLAT	REST	1km Warm Up/3km @ Goal Race Pace/1km Cool Down Run	2km Easy Recovery Run – FLAT	REST	21km
10 Race Week	5km Easy Run – FLAT	REST	3km Easy Run – FLAT	REST	REST	2km Easy Run – FLAT	REST	10km
PUFFING BILLY GREAT TRAIN RACE	RACE DAY 13.5 KM							

*Please ensure you are in a fit and healthy condition to take part, have appropriate medical clearance by a Doctor - if necessary, and that you understand the potential risks associated with strenuous activities such as this.