

	Monday Strength	Tuesday Short Run/Walk	Wednesday	Tuesday Intervals	Thursday Strength	Friday Short Run/Walk	Saturday	Sunday Long Run
Week 1	Strength / Gym	4km easy		10min warm up & drills; 6 x (200m hard on 2min) 5min easy	Strength / Gym	4km easy		4km easy
Week 2	Strength / Gym	6km easy		10min warm up & drills; 5 x (400m hard with 200m easy; 2min rest between reps) 5min easy	Strength / Gym	4km easy		6km easy
Week 3	Strength / Gym	3km easy 5min walk 3km easy		10min warm up & drills; 2 x (800m fast, 3min rest between reps) 3 x 400m fast with 2min rest between reps) 5min walk	Strength / Gym	3-4km easy		8km easy
Week 4	Strength / Gym	5-6km easy		10min warm up 6-8 x (6-8 30sec hill repeats @ 8/10 effort	Strength / Gym	Bike (optional) 30-40min		6km easy

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				with 90sec rest between reps including walk down) 5min easy				
Week 5	Strength / Gym	8km easy		10min warm up + drills; 5 x (200m hard; 400m tempo, 200m hard with 3min rest between reps) 5min easy	Strength / Gym	4km easy		10km easy
Week 6	Strength / Gym	8km easy		10min warm up + drills; 2 x (1km hard with 3min rest between reps); 4 x 200m hard on 3min 5min easy		Optional: Bike / Walk 30-40min		12km easy
Week 7	Strength / Gym	6km		10min warm up + drills 3 x (400m hard; 400m tempo; 400m hard with 3min rest between reps) 5min easy	Strength / Gym + (Massage Wed or Thurs)	Optional: Bike / Walk 20-30min + Massage on Wed or Thurs		6-8km easy

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Intermediate 10km Running Program



Week 8	Strength / Gym	4km easy		10min easy 2 x (400m hard with 3min easy between reps) 4 x 100m hard with 3min between reps) 5min easy	Strength / Gym Session	Optional: Bike / Walk 20-30min		Race Day: Run well and Have fun!
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