

**LOW INTENSITY:** LOW INTENSITY RUNS ARE YOUR EVERY DAY RUNS, WHICH SHOULD BE RUN AT AN EASY PACE WHERE YOU CAN MAINTAIN A CONVERSATION. IN THE FIRST TWO WEEKS, IT IS OK TO WALK FOR SHORT PERIODS OF YOUR RUNS. HOWEVER, IF YOU FEEL THE NEED TO WALK YOU ARE PROBABLY GOING TOO FAST. AFTER THE FIRST 2 WEEKS, TRY SLOWING YOUR PACE DOWN RATHER THAN WALKING WHEN YOU FEEL THE URGE TO STOP.

**STRENGTH TRAINING:** STRENGTH TRAINING SESSIONS ARE ESSENTIAL FOR INJURY PREVENTION AND BUILDING HOW EFFICIENTLY YOU RUN. FOCUS EXERCISES ON STRENGTHENING QUADS, CALVES, HAMSTRINGS, GLUTES AND THE HIP MUSCLES. THIS WILL NOT ONLY HELP IMPROVE RUNNING PERFORMANCE BUT REDUCE INJURY RISK. THIS CAN BE DONE EITHER IN A GYM OR AT HOME WITH WEIGHTED/BODY EXERCISES SUCH AS LUNGES/SQUATS.

**TEMPO RUN:** TEMPO RUNS ARE USUALLY PERFORMED AT ABOUT YOUR 10KM RACE PACE. TO ESTIMATE A TEMPO RUN PACE AS A BEGINNER, REMEMBER IT SHOULD BE "COMFORTABLY HARD". THAT IS MORE INTENSE THAN A CONVERSATIONAL PACE BUT NOT SO INTENSE YOU NEED TO STOP EVERY FEW MINUTES.

**HILL REPS:** UPHILL RUNNING HELPS INCREASE LOWER LIMB STRENGTH AND AEROBIC FITNESS. IT ALSO REDUCES INJURY RISK AS IT INVOLVES LESS JOINT LOAD THAN FLAT GROUND RUNNING. THE HILL SESSIONS IN THIS PROGRAM ARE BROKEN INTO REPEAT INTERVALS. THE INCLINE OF THE HILL DOESN'T MATTER TOO MUCH AS IT'S TIMED INTERVALS. SO WHATEVER HILL YOU HAVE CLOSE BY IS FINE.

GOOD LUCK FROM THE LION QUAYS CLUB TEAM!  
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Low intensity 2km	Rest	Strength Training	Low intensity 2km	Rest	Low intensity 2km	Low intensity 2km
Week 2	Low intensity 2km	Rest	Strength Training	Low intensity 2km	Rest	Tempo Run 3km	Low intensity 3km
Week 3	Low intensity 3km	Rest	Strength Training	Hill reps: 5 x 1min w/ slow jog downhill	Rest	Low intensity 5km	Low intensity 3km
Week 4	Low intensity 3km	Rest	Strength Training	Tempo run: 5km	Rest	Low intensity 5km	Low intensity 4km
Week 5	Low intensity 4km	Rest	Strength Training	Hill reps: 4 x 2min w/ slow jog downhill	Rest	Full effort 5km and 2km cool down	Low intensity 5km
Week 6	Low intensity 5km	Rest	Strength Training	Tempo run: 6km	Rest	Low intensity 7km	Low intensity 5km
Week 7	Low intensity 6km	Rest	Strength Training	Hill reps: 6 x 2min w/ slow jog downhill	Rest	Low intensity 9km	Low intensity 5km
Week 8	Low intensity 4km	Rest	Low Intensity 4km	Rest	Low Intensity 3km	Rest	RACE DAY GOOD LUCK!

# 8 WEEK 10KM TRAINING PROGRAMME

