

10K Training Program Using Training Zones

The Training Zones you will be using are:

- Zone 1(Z1): Recovery Pace
- Zone 2(Z2): Basic Endurance Pace
- Zone 3(Z3): High Endurance Pace
- Zone 4(Z4): Anaerobic Threshold
- Zone 5(Z5): High Power

These paces are calculated out using your final time for a 2K run test.

NOTE: ‘min’ symbol = minutes

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30 min @ Z1	OFF	2km Time Trial 10 min Z1	30-45 min Cross training @ Z1	20 min @ Z1	OFF	2 x 20 min @ Z1 with 5 min set break
2	2x5 1 min @ Z4 4 min @ Z1 5 min set break (55 mins)	OFF	30 min @ Z1	30-45 min Cross training @ Z1	3km @ Z2 (15-20 mins)	OFF	30 min @ Z1
3	2x4 2 min @ Z4 4 min @ Z1 5 min set break (53 mins)	OFF	3km @ Z1 (20 mins)	30-45 min Cross training @ Z1	1x6 1 min @ Z4 4 min @ Z1 5 min set break (55 mins)	OFF	45 min @ Z1
4	2x5 2 min @ Z4 3 min @ Z1 5 min set break (55 mins)	OFF	40 min @ Z1	30-45 min Cross training @ Z1	30 min @ Z1 Do 3 x 30 second “sprints” with 3min set breaks in run (40 mins)	OFF	45 min @ Z1
5	2x4 2 min @ Z4 2 min @ Z1 5 min set break (37 min)	OFF	5km @Z1 (40 mins)	30-45 min Cross training @ Z1	1x6 2 min @ Z4 3 min @ Z1 5 min set break (55 mins)	OFF	50 min @ Z1



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6	2x4 3 min @ Z4 2 min @ Z1 5 min set break (45 mins)	OFF	6km @ Z1 (35 mins)	30-45 min Cross training @ Z1	2x 5 min @ Z4 10 min @ Z1 (30 mins)	OFF	55 min @ Z1
7	2x4 4 min @ Z4 2 min @ Z1 5 min set break (53 mins)	OFF	5km @ Z1 (30 mins)	30-45 min Cross training @ Z1	2x 6 min @ Z4 6 min @ Z1 (24 mins) + 15 min @ Z1	OFF	60 min @ Z1
8	5 km @ Z1 (40 mins)	OFF	10km @ Z2-3 (60 mins)	30-45 min Cross training @ Z1	2x 6 min @ Z4 4 min @ Z1 (20 mins) + 15 min @ Z1	OFF	40 min @ Z1
9	1x10 2 min @ Z4 2 min @ Z1 (40 mins)	OFF	5km @ Z2-3 (30 mins)	30-45 min Cross training @ Z1	2x 10 min @ Z4 5 to 10 min @ Z1 (30-40 mins)	OFF	60 min @ Z1
10	2x5 4 min @ Z4 2 min @ Z1 5 min set break (65 mins)	OFF	5km @ Z1 (30 mins) Do 3 x 2 min @ Z4 with 6 min break	20-30 min Cross training @ Z1	OFF	2x 4 min @ Z4 8 min @ Z1	RACE