



ROTORUA MARATHON 4 MAY 2019

Rotorua 10km training: 20-WEEK TRAINING PROGRAMME

HOW MUCH DO YOU NEED TO TRAIN TO RUN YOUR FIRST 10KM RUN/WALK

If you possess a good level of fitness (because of participation in other sports) you probably could run/walk 10km on very little training. But if you've made the decision to run/walk a 10km race you might as well do it right. Following is a twenty-week training schedule to help get you to the finish line of your first 10km.

To participate in this 10km programme, you should have no major health problems, should be in reasonably good shape, and should have done at least some jogging or walking. If running 1km for your first workout on Tuesday of the first week seems too difficult, you might want to begin by walking rather than running. The terms used in the training schedule are somewhat obvious but are outlined as below.

Stretch & Strengthen: Mondays are the days in which you can do some stretching along with some strength training. This is actually a day of rest following your long run/walk on Sundays. Do some easy stretching of your running/walking muscles. This is good advice for any day, particularly after you finish your run/walk, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a gym. Runners and walkers generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is advisable to do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for your business and personal schedule.

Running/Walking workouts: Put one foot in front of the other and run/walk. It sounds pretty simple, and it is. Don't worry about how fast you run or walk; just cover the distance - or approximately the distance suggested. Ideally, you should be able to run/walk at a pace that allows you to converse comfortably while you do so. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run three days of the week: Tuesdays, Thursdays and Sundays, Sundays being a longer run/walk. (See below.)

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners/walkers preparing for a 10km race? It could be swimming or cycling, walking, or other forms of aerobic training, or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running/walking you do the rest of the week.

Rest: The most important day in any running/walking programme is rest. Rest days are as important as training days. They give your muscles time to recover so you can run/walk again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. In this programme, Friday is always scheduled as a day of rest to complement the easy workouts on Mondays.

Long Runs/Walks: The longest runs/walks of the 20-week schedule are planned for Sundays, since you probably have more time to do them on the weekends. If Sunday isn't a convenient day for your long runs/

walks, you could perhaps do them on Saturday - or any other day of the week for that matter. What pace should you run/walk? Go slow. There is no advantage in going fast during your long runs/walks, even for experienced runners/walkers.

THIS 10KM TRAINING SCHEDULE IS ONLY A GUIDE. FEEL FREE TO MAKE MINOR MODIFICATIONS TO SUIT YOUR WORK AND FAMILY SCHEDULE.

Easy Pace: Run/Walk at a pace where you can still chat and your breathing is slightly heavy.

Hard Pace: The pace that you can currently run/walk all kilometres of a 10km. breathing is starting to become laboured but sustainable for longer distances.

Goal 10KM Race Pace: The pace that you are training to be able to maintain for each kilometre of your upcoming 10km race.

Very Hard Pace: Pace that can only be held for 1.5km-2km if required. Breathing is laboured and leg muscles are being pushed. You need to concentrate to keep this pace.

NOTE:

If you looking at a 10 week programme, please take out the odd numbers and start at week 2

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Stretch & Strengthen	2 km easy Hard pace	20 min Cross	2 km + strength Easy pace	Rest	30 min Cross	4 km Very hard pace
Week 2	Stretch & Strengthen	2 km easy Hard pace	20 min Cross	2 km + strength Easy pace	Rest	30 min Cross	4 km Very hard pace
Week 3	Stretch & Strengthen	4 km easy Hard pace	20 min Cross	2 km + strength Easy pace	Rest	30 min Cross	6 km Very hard pace
Week 4	Stretch & Strengthen	4 km easy Hard pace	20 min Cross	2 km + strength Easy pace	Rest	35 min Cross	6 km Very hard pace
Week 5	Stretch & Strengthen	6 km easy Hard pace	25 min Cross	4 km + strength Very hard pace	Rest	35 min Cross	6 km Easy pace
Week 6	Stretch & Strengthen	6 km easy Hard pace	25 min Cross	4 km + strength Very hard pace	Rest	35 min Cross	6 km Easy pace
Week 7	Stretch & Strengthen	8 km easy Hard pace	25 min Cross	4 km + strength Very hard pace	Rest	35 min Cross	6 km Easy pace
Week 8	Stretch & Strengthen	8 km easy Hard pace	25 min Cross	4 km + strength Very hard pace	Rest	40 min Cross	8 km Easy pace
Week 9	Stretch & Strengthen	8 km easy Hard pace	30 min Cross	6 km + strength Very hard pace	Rest	40 min Cross	8 km Easy pace
Week 10	Stretch & Strengthen	8 km easy Hard pace	30 min Cross	6 km + strength Very hard pace	Rest	40 min Cross	8 km Easy pace
Week 11	Stretch & Strengthen	8 km easy Easy pace	30 min Cross	6 km + strength Very hard pace	Rest	40 min Cross	8 km Easy pace
Week 12	Stretch & Strengthen	8 km easy Hard pace	30 min Cross	6 km + strength Very hard pace	Rest	40 min Cross	8 km Easy pace
Week 13	Stretch & Strengthen	8 km easy Easy pace	35 min Cross	6 km + strength Very hard pace	Rest	50 min Cross	8 km Easy pace
Week 14	Stretch & Strengthen	8km easy Hard pace	35 min Cross	6 km + strength Very hard pace	Rest	50 min Cross	9 km Easy pace
Week 15	Stretch & Strengthen	8 km easy Easy pace	40 min Cross	6 km + strength Very hard pace	Rest	60 min Cross	9 km Easy pace
Week 16	Stretch & Strengthen	8 km easy Hard pace	40 min Cross	6 km + strength Very hard pace	Rest	60 min Cross	9 km Easy pace
Week 17	Stretch & Strengthen	9 km easy Hard pace	45 min Cross	6 km + strength Very hard pace	Rest	60 min Cross	9 km Easy pace
Week 18	Stretch & Strengthen	9 km easy Easy pace	45 min Cross	6 km Very hard pace	Rest	60 min Cross	10 km Easy pace
Week 19	Stretch & Strengthen	9 km easy Easy pace	45 min Cross	6 km Very hard pace	Rest	60 min Cross	10 km Easy pace
Week 20	Stretch & Strengthen	7 km easy Easy pace	30 min Cross	Rest	Rest	Race Day	Rest