



TRAINING GUIDE

10K Time	Long	Steady	Tempo	Intervals	Recovery	Race Pace	
40 minutes	8:00 - 9:00	8:00	7:10	6:14	9:00	6:26	mins/mile
	5:00 - 5:40	5:00	4:30	3:50	5:40	4:00	mins/km
45 minutes	8:55 - 10:05	8:55	8:00	7:00	10:05	7:15	mins/mile
	5:30 - 6:15	5:30	5:00	4:20	6:15	4:30	mins/km
50 minutes	9:50 - 11:05	9:50	8:50	7:45	11:05	8:03	mins/mile
	6:10 - 6:55	6:10	5:30	4:45	6:55	5:00	mins/km
55 minutes	10:45 - 12:05	10:45	9:40	8:25	12:05	8:51	mins/mile
	6:40 - 7:30	6:40	6:00	5:15	7:30	5:30	mins/km
1 hour	11:35 - 13:00	11:35	10:30	9:05	13:00	9:39	mins/mile
	7:15 - 8:05	7:15	6:30	5:40	8:05	6:00	mins/km
1:10	13:20 - 14:55	13:20	12:00	10:35	14:55	11:16	mins/mile
	8:15 - 9:15	8:15	7:30	6:30	9:15	7:00	mins/km

Long Run: this pace is slow, and may feel extremely slow. It is important to train oxidative energy system and build capillaries. Also, increases endurance.

Tempo: constant run done at a quicker pace than typical, but slightly slower than race pace, however fast enough to train for more efficient running technique.

Intervals: typically run as repeats of a set distance at a tough pace, faster than race pace. Truly prepares for the efforts required on Race Day.

Steady: this is a steady run, at a slow pace. Typically only slightly faster than Long Run but for a shorter distance. Benefits neuromuscular coordination.

Recovery - Shorter runs than Long runs, but at a similar slow pace. Benefits of active recovery.

Race Pace - rehearsal runs to familiarize yourself with the effort associated with Race Day. Limited to final/sharpening phase.

Always Stretch your muscles after exercising. Slight tension, never painful. If you feel something wrong, STOP and seek appropriate medical attention.