

## 10k Training Programme

<b>Week</b>	<b>ONE</b>	<b>TWO</b>	<b>THREE</b>	<b>FOUR</b>	<b>FIVE</b>	<b>SIX</b>
<b>Monday</b>	Rest	Rest	Rest	Rest	Rest	Rest
<b>Tuesday</b>	10 min run	15 min run	20 min run	20 min run	35 min run	20 min run
<b>Wednesday</b>	Cross train	Cross train	Cross train	Cross train	Cross train	Cross train
<b>Thursday</b>	10 min run	15 min run	20 min run	25 min run	25 min run	20 min run
<b>Friday</b>	Rest	Rest	Rest	Rest	Rest	Rest*
<b>Saturday</b>	15 min run	20 min run	25 min run	30 min run	30 min run	Rest*
<b>Sunday</b>	25 min run	30 min run	30.min run	35 min run	45 min run	Rest*

\*Rest on these days until 10k event

Cross Train

Bike, swim, walk or Gym work.

### Advice for 5k Walk

1. Walk for at least 30 mins 3 times a week, 4 would be preferable.
2. Wear good shoes that fit comfortably.
3. Walk briskly while out not just strolling along.
4. Stay well hydrated and eat plenty of carbohydrates.
5. Take a rest from training for two day prior to event.

Training and advice by, Dave Stinson, Head Coach - Caversham Harrier & Athletic Club

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