

**BLACKMORES®**

# Blackmores 10km

10 week training program

**INTERMEDIATE**

Be a Well Being



# Blackmores 10km 10 week training program

This tailored 10-week training program has been created by Runlab founder and one of Australia's leading marathoners, Vlad Shatrov to help get you fit and maximise your potential in preparation for your 10km.

Vlad has combined his experience training clients through his on ground interval running groups Myrungroup and in gym functional strength classes Runstrong, to develop these programs.

Vlad is one of Australia's best distance runners both on the road and the trails.

Follow him on Facebook at [facebook.com/VladShatrovRunner](https://facebook.com/VladShatrovRunner)

Good luck over the next 10 weeks and see you at the start line!

**We want to run with you! Tag us on:**



[@blackmoresnewzealand](https://facebook.com/blackmoresnewzealand)

## Overall program structure

The program runs for 10 weeks with scheduled session types tailored to how far or close we are to race day.

The program has been specifically set up to focus on different aspects of running and strength training to give you the optimum training adaption as you prepare for your event. You will notice that there are four phases in the program, each phase is between 2-4 weeks. This will also allow you to break down the training plan into more manageable blocks which have a specific focus.

**PHASE 1:** Base fitness and strength. In this phase there is a focus on developing strength and running fitness.

**PHASE 2:** Strength and endurance. In this phase hill sessions are added and we also introduce “tempo” sessions.

**PHASE 3:** Endurance + speed. In this phase strength work reduces and speed sessions become a focus.

**PHASE 4:** Speed and race specifics. In this phase speed work is a priority as we focus on the race.

Every few weeks there is a recovery week, this week allows your body to catch up before you launch into your next block.

## Overall program structure

The core of all the programs is the long run. This is placed on the weekend as this is generally when most people have the time to complete this run.

We place an importance on hill sessions throughout the 10 weeks to help build you into a more efficient runner and we also schedule in dedicated time for strengthening exercises and running drills. There is plenty of opportunity to get comfortable with your target race pace too!

Whilst the weekly volumes steadily build, peaking three weeks out from the event day, the types of sessions change too.

We start with an emphasis on strength work by running hill repetitions. Towards the middle and later stages of the program speed and tempo sessions are increased. Hill repeats are an important part of your training, because running hills will strengthen your quadriceps muscles. Also, there is less impact running up a hill than running fast on the flat.



### TRAINING ADVICE

Use these tips on a weekly basis to help you with your program. It's a long period of time and you may find obstacles along the way.



### USE THE PLAN AS A GUIDE

The plan is a "guide" only, as such the pace and heart rate data is based on an average guide for that level of plan, and you may need to adjust this data to suit you.



### ADJUSTING THE PROGRAM

Don't ever feel like you can't modify the program if it doesn't work for you - it's flexible. For example, long runs are scheduled for Sunday when most people have the time to complete them, however you can always choose to undertake it on a Saturday instead. When adjusting, always take into account your current fitness level and training history and look to add variety to your rest days such as cross training, swimming or gym sessions.



### BE YOUR OWN COACH

Your training program is like your own little coach. The best thing is that it specifies each week and beyond and details the type of sessions you should be doing. This means if you miss a session due to family or work commitments, you can adjust it slightly to suit you, so that you complete all of the recommended sessions.

# Frequently asked questions

I'm feeling run down.  
Should I rest or is that just  
being lazy?

This isn't about being lazy - you need to be in tune with your body. Have a day or two off when you need it, like after you've had a cold or if you're experiencing an annoying niggle. Trust us, it's far better to be cautious than to get an injury. However if symptoms do persist please seek medical advice. If you're just feeling stressed at work, training could be the best thing for you, so get out there and do it.

How does pacing work?

If you have not run 10km before it's important that you work out your pace. Be conservative on your first attempt, but do pick a goal time that will challenge you. From here you can base your training on this target! As a guide, ensure you do your long runs at a comfortable pace that allows you to chat with your training partners, at least during the beginning of the run. If you can do this, you have set your pace correctly.

I need some race day  
motivation! Help me!

It may get tough, it may get hard, you may question yourself, but you will have thousands of fellow runners all around you going through the same emotions and experience - you're all in it together!

# Frequently asked questions

Should I do any lead up races?

Undertaking lead up races or race pace efforts is important for more experienced runners as it helps to monitor their progress. Many also find it helps motivate them during training and because of this; they perform at a higher level on race day. Take advantage of your local fun runs and just ensure the two days leading up to race day are very easy and the day after is set aside for recovery. If you can't make any lead up races, we've allocated regular time trials into the program so that you can monitor your progress and determine the pace you should run in your 'speed' sessions.

What should I do race morning?

Make sure you arrive at least 90 minutes before your race to give yourself adequate time to prepare. It's an early morning, so remember to wear something warm that you don't mind leaving behind. Don't worry, it'll go to charity. Also make sure you are properly hydrated and fuelled before the race.

For more information on pre-race nutrition visit - [blackmores.com.au/running](https://blackmores.com.au/running)

## Sessions



### LONG RUN

The aim of the long run is to improve endurance. Do this at the correct intensity which is ideally 10-20% slower than a potential target pace. You should be able to carry out a conversation running at this pace. If you prefer to use heart rate zones, try the runnersweb.com online calculator to give you an indication.



### GENERAL AEROBIC

General aerobic is a standard moderate effort run, slightly slower or equal in pace to a long run - but just not as long in distance. The aim is to enhance overall aerobic conditioning.



### TEMPO

The tempo run - lactate threshold pace is close to a potential target half marathon pace and provides stimulus to improve lactate threshold pace. These runs are challenging and you should only be able to talk in short sentences. The tempo part of the session should be completed on relatively flat ground so you can hold a consistent pace. Training at this pace for certain sessions is very beneficial in preparing you for your best 10km. If you haven't done a 10km before that is okay too - set this as your desired realistic 10km target pace.



### SPEED

Speed sessions are short repetitions of between 600-1600m at 3-5km pace. This provides stimulus to increase speed and lactate threshold.

These sessions allow you to become a faster runner and involve a warm up and cool down based around a core running set. The key to effective speed training is to aim to have all the repetitions completed within 1-5 seconds of each other. Don't do the first repetition so hard that the following reps become slower; likewise don't take the first 1-2 reps easy then pick it up. Wear a watch to help time and monitor these sessions.



### STRENGTH

Strength work features in the program up to twice a week. Strength training is often neglected but it is so important for many reasons. Performed correctly it can help address any underlying imbalances and or weaknesses which if left unattended may result in injuries. Strength has been included into the program together with cross training. We would suggest up to 30 minutes of cardio-based exercise followed by the strength work. Heavy weight sessions are not suggested rather functional strength training.

The aim is to develop even and necessary strength for distance runners allowing an improved running efficiency and stronger overall body. Keep a look out for the strength exercise videos which will be sent in the weekly emails during the program or discuss a suitable exercise program with your local gym for guidance.

We have put together a series of [strength videos](#) to assist you with your training.

## Sessions



### RACE PACE

Race pace is the pace you intend to run on event day. For example, if you are training for 10km finish time of 55 minutes, your race pace is 5:30 per kilometre.



### DRILLS

Drills are running-specific exercises and are usually performed near the start of certain sessions. Drills will help you warm up the body prior to exercise, but dependant on the type and execution they will actually allow you to become a more efficient and faster runner.



### REST

Rest is an important component of this or any training program. It is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles actually regenerate and get stronger if you're constantly fatigued, you will fail to reach your potential. We have designated rest days depending on your level. These are usually on Fridays to prepare for the weekends long run and/or Monday to recover after the weekend. If you need to take more rest days because of a sickness or a late night at the office etc, do so.



### TRAIL

Trail sessions are included into the program and serve more than one purpose. Trail running involves more hills and with that you'll get strength adaption when you include these sessions. Where a trail run is scheduled there is an alternate non trail running run also scheduled. Getting onto trails can often be intimidating or logistically difficult, so only do it if you are comfortable. Trail running also impacts the body less and can break up the routine of road running training. Ensure you have trail specific running shoes for any trail runs of length, on wet trails or technically challenging trails.

## PHASE 1 - Base fitness + strength

In this 4 week phase, we focus on general aerobic + long runs and gym strength sessions.



WEEK 1	SESSION	NOTES
MONDAY	<b>Strength + general aerobic</b>  	60 minutes. 30 minutes general aerobic run + 30 minutes strength work.
TUESDAY	<b>General aerobic + drills</b> 	30 minutes easy pace running + drills.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Strength + general aerobic</b>  	60 minutes. 30 minutes general aerobic run + 30 minutes strength work.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Rest day</b> 	
SUNDAY	<b>Long run</b> 	40 minutes steady pace run.

WEEK 2	SESSION	NOTES
MONDAY	<b>Strength + general aerobic</b>  	60 minutes. 30 minutes general aerobic run + 30 minutes strength work.
TUESDAY	<b>Tempo or trail</b>  	30 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Strength</b> 	60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Time trial</b> 	3km time trial. Start with an easy 10-15 minutes warm-up then run 3km hard timing yourself.
SUNDAY	<b>Long run</b> 	45 minutes steady pace run.

## PHASE 2 - Strength + endurance

A focus on strength remains with the addition of hill sessions and tempo runs to improve endurance.

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WEEK 3	SESSION	NOTES
MONDAY	<b>Strength + general aerobic</b> 	60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
TUESDAY	<b>General aerobic + drills</b> 	30 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Speed work</b> 	4 x 4 minutes (target race pace). 2km easy warm-up then run 4 minutes tempo 2 minutes walk/jog break and repeat for 4 efforts. Easy cool-down jog.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Long run</b> 	50 minutes steady pace run.
SUNDAY	<b>Rest day</b> 	

WEEK 4	SESSION		NOTES
MONDAY	Strength		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
TUESDAY	Tempo or trail	 	30 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	Rest day		
THURSDAY	Tempo		4 x 4 minutes (target race pace). 2km easy warm-up then run 4 minutes tempo 2 minutes walk/jog break and repeat for 4 efforts. Easy cool-down jog.
FRIDAY	Rest day		
SATURDAY	Long run		50 minutes steady pace run.
SUNDAY	Rest day		

WEEK 5	SESSION	NOTES
MONDAY	<b>Strength + general aerobic</b>  	60 minutes. 30 minutes general aerobic run + 30 minutes strength work.
TUESDAY	<b>Tempo + drills</b>  	Progressive tempo 3 x 5 minutes + 5 minutes. First 5 minutes at race pace + 20 seconds per/km, second 5 minutes at race pace + 10 seconds, third 5 minutes at target race pace and last 5 minutes at race pace - 10 seconds per km. No stops. 2km warm-up + drills/ 1km warm-down.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Speed work</b> 	Short hill repetitions 15 x 30 seconds approximately. Hill of gradual incline - run hard up for about 30 seconds and jog/walk back. Easy 2km warm-up and 2km cool-down jog.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Long run</b> 	50 minutes steady pace run.
SUNDAY	<b>Rest day</b> 	

## PHASE 3 - Endurance + speed

In this phase the focus on strength reduces, and there is an increased focus on developing speed.

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WEEK 6	SESSION	NOTES
MONDAY	<b>Strength</b> 	60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
TUESDAY	<b>General aerobic + drills</b>  	30 minutes easy pace running + drills.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Speed work</b> 	5 x 1km at 3km race pace. Warm-up 2km then 1km hard with 120 seconds walk/jog recovery. Repeat for 5 efforts in total. 1km warm-down.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Long run</b> 	60 minutes steady pace run.
SUNDAY	<b>Rest day</b> 	

WEEK 7	SESSION	NOTES
MONDAY	<b>Strength + general aerobic</b>  	60 minutes. 30 minutes general aerobic run + 30 minutes strength work.
TUESDAY	<b>Tempo or trail</b>  	30 minute run. Run a hilly road circuit - surging up the hills, alternatively hit the trails for a steady paced hilly run off-road.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Speed work</b> 	6 x 800. 2km easy warm-up then run 800 at 3km race pace of slightly faster - 90 seconds recovery and repeat for 6 efforts. Easy cool-down jog.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Long run</b> 	60 minutes steady pace run.
SUNDAY	<b>Rest day</b> 	

WEEK 8	SESSION		NOTES
MONDAY	Strength		60 minutes including 30 minutes of cross training/cardio work and up to 30 minutes of functional strength work.
TUESDAY	Speed work		7 x 800m at 3km race pace. Warm-up 2km then 800 hard with 90 seconds walk/jog recovery then repeat for 7 efforts. After the last 800m have a few minutes rest, then do 4 x 200m efforts hard with a 90 second walk recovery. 1km warm-down.
WEDNESDAY	Rest day		
THURSDAY	General aerobic + drills	 	30 minutes easy pace running + drills.
FRIDAY	Rest day		
SATURDAY	Time trial		3km time trial. Start with an easy 10-15 minutes warm-up then run 3km hard timing yourself.
SUNDAY	Long run		40 minutes steady pace run.

## PHASE 4 - Speed + race specifics

In this phase we focus on key race sessions and race preparation, reducing our focus on strength.



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WEEK 9	SESSION	NOTES
MONDAY	<b>Strength + general aerobic</b> 	60 minutes. 30 minutes general aerobic run + 30 minutes strength work.
TUESDAY	<b>General aerobic + drills</b> 	30 minutes easy pace running + drills.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Speed work</b> 	10 x 200m hard/200 float continuous. 200m hard then straight into 200m at race pace repeating for 10 efforts in total. 2km warm-up and 2km cool-down.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Long run</b> 	40 minutes steady pace run.
SUNDAY	<b>Rest day</b> 	

WEEK 10	SESSION	NOTES
MONDAY	<b>Strength</b> 	30 minutes cross training only. Light cardio based workout non running.
TUESDAY	<b>General aerobic + drills</b>  	30 minutes easy pace running + drills.
WEDNESDAY	<b>Rest day</b> 	
THURSDAY	<b>Speed work</b> 	6 x 200m hard/200 float continuous. 200m hard then straight into 200m at race pace repeating for 6 efforts in total. 2km warm-up and 2km cool-down.
FRIDAY	<b>Rest day</b> 	
SATURDAY	<b>Rest day</b> 	
SUNDAY	<b>RACE DAY</b>	This is your most challenging session where you will aim to complete the 10km course to the best of your ability. Good Luck!