

4 training sessions per week for 8 weeks

WEEK 01

Session 01 FRACTIONED

Warming up

+ 2 series of 7x200m in 40sec

3min recovery between each

Then, 45 sec recovery jog Retour au calme 10min

Session 02 JOGGING

50min of endurance at a speed between 5min52 and 5min02 per km depending on how your feeling

Session 03 HILL

Warming up

+ 12x20sec on a moderate slope

Recovery downhill jog Calm pace 10min

Session 04 LONG OUTING

1h10 endurance at a speed between 5min27 and 4min42 per km depending on how your feeling

WEEK 02

Session 01 FRACTIONED

Warming up

+ 6x800m in 3min12

1min30 recovery jog Calm pace 10min

Session 02 JOGGING

55min of endurance at a speed between 5min52 and 5min02 per km depending on how your

Session 03 HILL

Warming up

+ 10x30sec on a moderate slope

Recovery downhill jog

Calm pace 10min

Session 04 LONG OUTING

1h15 endurance at a speed between 5min27 and 4min42 per km depending on how your feelina

WEEK 03

Session 01 FRACTIONED

Warming up

+ 10x300m in 1min03

1min recovery jog Calm pace 10min

Session 02 JOGGING

1h of endurance at a speed between 5min52 and 5min02 per km depending on how your

Session 03 HILL

Warming up

+ 8x40sec on a moderate slope

Recovery downhill jog

Calm pace 10min

Session 04 LONG OUTING

1h20 endurance at a speed between 5min27 and 4min42 per km depending on how your feelina

WEEK 04

Session 01 FRACTIONED

Warming up

+ 5x1000m in 4min

2min recovery jog Calm pace 10min

Session 02 JOGGING

45min of endurance at a speed between 5min52 and 5min02 per km depending on how your

Session 03 HILL

Warming up

+ 6x20sec in progressive acceleration

Recovery downhill jog back to the starting point

Session 04 PREPARATORY COMPETITION

5 to 7km preparatory competition

WEEK 05

Session 01 FRACTIONED

Warming up

+ 8x400m in 1min26

1min15 recovery jog Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 5min52 and 5min02 per km depending on how your

Session 03 FRACTIONED

Warming up

+ 4x1500m in 6min

2min30 recovery jog

Calm pace 10min

Session 04 LONG OUTING

1h10 endurance at a speed between 5min27 and 4min42 per km depending on how your feelina



4 training sessions per week for 8 weeks

WEEK 06

Session 01 FRACTIONED

Warming up + 6x500m in 1min51

1min30 recovery jog Calm pace 10min

Session 02 JOGGING

55min of endurance at a speed between 5min52 and 5min02 per km depending on how your

Session 03 FRACTIONED

Warming up

+ 3x2000m in 8min

3min recovery jog

Calm pace 10min

Session 04 LONG OUTING

1h15 endurance at a speed between 5min27 and 4min42 per km depending on how your

WEEK 07

Session 01 FRACTIONED

Warming up

- + 600m in 2min30 1min30 recovery
- + 500m in 1min51 1min15 recovery
- + 400m in 1min26 1min recovery
- + 300m in 1min03 45sec recovery
- + 200m in 40sec 30sec recovery
- + 100m in 19sec

Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 5min52 and 5min02 per km depending on how your

WEEK 07 (part 2)

Session 03 FRACTIONED

Warming up

- + 1000m in 4min 1min30 recovery
- + 500m in 1min52 3min recovery
- + 1000m in 4min 1min30 recovery
- + 500m in 1min52 3min recovery
- + 1000m in 4min 1min30 recovery
- + 500m in 1min52 3min recovery

Calm pace 10min

Session 04 LONG OUTING

1h of endurance at a speed between 5min27 and 4min42 per km depending on how your

WEEK 08

Session 01 FRACTIONED

Warming up

+ 10x200m in 40sec

40sec recovery jog Calm pace 10min

Session 02 JOGGING

40min of endurance at a speed between 5min52 and 5min02 per km depending on how your

Session 03 FRACTIONED

Warming up

+ 6x20sec in progressive acceleration

Recovery jog back to the starting point

Session 04 COMPETITION

10KM OBJECTIVE 40MIN

COACH'S ADVICES

Don't try going too fast during your jogging sessions. Make sure you stay in the right pace, then let your body quide you.

Stay active during your recovery times when you are fractioning. Slow joging or fast walking will help you!

During the fracitoned sessions on hills, aim for the same amount of effort by making a visual reference and trying to cover the same distance each time.