## WEEK 03

## Session 01 FRACTIONED

Warming up

+ 10x300m in 1 min 03
1 min recovery jog
Calm pace 10 min


## Session 02 Jocging

1h of endurance at a speed between 5 min 52 and 5 min 02 per km depending on how your feeling
15 min abdominals/sheathing

## Session 03 HILL

Warming up
$+8 \times 40$ sec on a moderate slope
Recovery downhill jog
Calm pace 10 min

## Session 04 LONG OUTING

1h20 endurance at a speed between 5 min 27 and 4 min 42 per km depending on how your feeling

## WEEK 04

## Session 01 FRACTIONED

Warming up
$+5 \times 1000 \mathrm{~m}$ in 4 min
2 min recovery jog
Calm pace 10 min

## Session 02 JOGGING

45 min of endurance at a speed between 5 min 52 and 5 min 02 between 5 min5 2 and 5 min02
per km depending on how your feeling
15 min abdominals/sheathing

## Session 03 HILL

Warming up
$+6 \times 20 \mathrm{sec}$ in progressive acceleration
Recovery downhill jog back to the starting point

## Session 04 PREPARATORY COMPETITION

## 5 to 7 km preparatory competition

## WEEK 05

## Session 01 FRACTIONED

Warming up
$+8 \times 400 \mathrm{~m}$ in 1 min 26
1 min15 recovery jog
Calm pace 10 min

## Session 02 Joccing

50 min of endurance at a speed between 5 min 52 and 5 min02 per km depending on how your feeling
15 min abdominals/sheathing

## Session 03

FRACTIONED
Warming up
$+4 \times 1500 \mathrm{~m}$ in 6 min
2 min30 recovery jog
Calm pace 10 min

```
Session 04 LONG OUTING
1h10 endurance at a speed
between 5min27 and 4min42
per km depending on how your
feeling
```

1h10 endurance at a speed between 5 min 27 and $4 \min 42$ per km depending on how your feeling年

Warming up
slope
Recovery downhill jog
Calm pace 10 min

## Session 04 LONG OUTING

## Session 04 LONG OUTING

1h15 endurance at a speed between $5 \min 27$ and $4 \min 42$ per km depending on how your feeling

## WEEK 02

Warming up
$+10 \times 30 \mathrm{sec}$ on a moderate
slope
Recovery downhill jog
Calm pace 10 min

## 10KM TRAINING PROGRAM OBJECTIVE 40MIN

## WEEK 06

## Session 01 FRACTIONED

Warming up

+ 6x500m in 1 min51
1 min 30 recovery jog
Calm pace 10 min


## Session 02 <br> JOGGING

55 min of endurance at a speed between $5 \min 52$ and 5 min02
per km depending on how your feeling
15 min abdominals/sheathing

## Session 03 FRACTIONED

Warming up
$+3 \times 2000 \mathrm{~m}$ in 8 min
3min recovery jog
Calm pace 10 min

## Session 04 LONG OUTING

1h15 endurance at a speed between $5 \min 27$ and $4 \min 42$ per km depending on how your feeling

## WEEK 07

## Session 01 FRACTIONED

## Warming up

+600 m in 2 min 30 1 min 30 recovery
+500 m in 1 min 51
1 min15 recovery

+ 400m in $1 \mathbf{m i n} 26$
1 min recovery
+300 m in 1 min 03
45 sec recovery
+ 200m in 40sec
30sec recovery
+100 m in 19 sec
Calm pace 10 mi


## Session 02 JOGGING

50 min of endurance at a speed between 5 min52 and 5 min 02 per km depending on how your feeling
15 min abdominals/sheathing

## WEEK 07 (part 2)

## Session 03

FRACTIONED

## Warming up

+ 1000m in 4 min
1 min 30 recovery
+500 m in 1 min 52
3 min recovery
+1000 m in 4 min
1 min30 recovery
+500 m in 1 min 52
3min recovery
+ 1000m in 4 min
1 min 30 recovery
+500m in 1 min 52
3 min recovery
Calm pace 10 min


## Session 04 Long outing

1h of endurance at a speed between 5 min 27 and 4 min 42 per km depending on how your feeling

## WEEK 08

## Session 01 FRACTIONED

## Warming up

+ 10x200m in 40 sec
40sec recovery jog
Calm pace 10 min


## Session 02 JOGCIN

40 min of endurance at a speed between $5 \min 52$ and 5 min02
per km depending on how your
feeling
15 min abdominals/sheathing

## Session 03 FRACTIONED

Warming up
$+6 \times 20 \mathrm{sec}$ in progressive acceleration
Recovery jog back to the starting point

```
Session 04 comPETlTION
10KM
OBJECTIVE 4OMIN
```


## COACH'S ADVICES

## 6

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

