

01
WEEK 01

Session 01 FRACTIONED

Warming up
+ 7x200m in 46sec
+ 7x200m in 47sec
3min recovery between each serie

Then, 45 sec recovery jog
Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling

15min abdominals/sheathing

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 6min09 and 5min20 per km depending on how your feeling

02
WEEK 02

Session 01 FRACTIONED

Warming up
+ 6x800m in 3min41
1min30 recovery jog
Calm pace 10min

Session 02 JOGGING

55min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling

15min abdominals/sheathing

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 6min09 and 5min20 per km depending on how your feeling

03
WEEK 03

Session 01 FRACTIONED

Warming up
+ 10x300min 1min12
1min recovery jog
Calm pace 10min

Session 02 JOGGING

1h of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling

15min abdominals/sheathing

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 6min09 and 5min20 per km depending on how your feeling

04
WEEK 04

Session 01 FRACTIONED

Warming up
+ 5x1000m in 4min36
2min recovery jog
Calm pace 10min

Session 02 JOGGING

45min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling

15min abdominals/sheathing

Session 03 HILL

Warming up
+ 6x20sec in progressive acceleration

Recovery jog back to the starting point

Session 04 PREPARATORY COMPETITION

5 to 7km preparatory competition

05
WEEK 05

Session 01 FRACTIONED

Warming up
+ 8x400m in 1min38
1min15 recovery jog
Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling

15min abdominals/sheathing

Session 03 FRACTIONED

Warming up
+ 4x1500m in 6min54
2min30 recovery jog

Calm pace 10min

Session 04 LONG OUTING

1h10 endurance at a speed between 6min09 and 5min20 per km depending on how your feeling

06
WEEK 06

Session 01 FRACTIONED

Warming up
+ 6x500m in 2min06
1min30 recovery jog
Calm pace 10min

Session 02 JOGGING

55min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling
15min abdominals/sheathing

Session 03 FRACTIONED

Warming up
+ 3x2000m in 9min12
3min recovery jog
Calm pace 10min

Session 04 LONG OUTING

1h15 endurance at a speed between 6min09 and 5min20 per km depending on how your feeling

07
WEEK 07

Session 01 FRACTIONED

Warming up
+ 600m in 2min40
1min30 recovery
+ 500m in 2min06
1min15 recovery
+ 400m in 1min38
1min recovery
+ 300m in 1min12
45sec recovery
+ 200m in 46sec
30sec recovery
+ 100m in 22sec
Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling
15min abdominals/sheathing

07
WEEK 07 (part 2)

Session 03 FRACTIONED

Warming up
+ 1000m in 4min36
1min30 recovery
+ 500m in 2min08
3min recovery
+ 1000m in 4min36
1min30 recovery
+ 500m in 2min08
3min recovery
+ 1000m in 4min36
1min30 recovery
+ 500m in 2min08
3min recovery
Calm pace 10min

Session 04 LONG OUTING

1h00 endurance at a speed between 6min09 and 5min20 per km depending on how your feeling

08
WEEK 08

Session 01 FRACTIONED

Warming up
+ 10x200m in 46sec
40sec recovery jog
Calm pace 10min

Session 02 JOGGING

40min of endurance at a speed between 6min40 and 5min42 per km depending on how your feeling
15min abdominals/sheathing

Session 03 FRACTIONED

Warming up
+ 6x20sec in progressive acceleration
Recovery jog back to the starting point

Session 04 COMPETITION

**10KM
OBJECTIVE 47MIN**



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 guide you.

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

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

