## WEEK 01

## Session 01 FRACTIONED

Warming up

+ 2 series of $7 \times 200 \mathrm{~m}$ in $\mathbf{5 4 s e c}$
3 min recovery between each serie
Then, 50 sec recovery jog
Calm pace 10 min


## Session 02 <br> JOGGING

50 min of endurance at a speed between 7 min 08 and 6 min 07 per km depending on how your feeling
15 min abdominals/sheathing

## Session 03 <br> HILL (OPTIONAL)

Warming up
$+12 \times 20 \mathrm{sec}$ on a moderate slope
Recovery downhill jog
Calm pace 10 min

## Session 04 LONG OUTING

1 h 10 endurance at a speed between $6 \min 35$ and $5 \min 42$ per km depending on how your feeling

## WEEK 02

## Session 01 <br> FRACTIONED

Warming up

+ $6 \times 800 \mathrm{~m}$ in 4 min
1 min 30 recovery jog
Calm pace 10 min


## Session 02 JOGGING

55 min of endurance at a speed between 7 min 08 and 6 min 07 per km depending on how your feeling
15min abdominals/sheathing

## Session 03 HILL (OPTIONAL)

## Warming up

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

## Session 04 <br> LONG OUTING

1h15 endurance at a speed between $6 \min 35$ and $5 \min 42$ per km depending on how your feeling

## WEEK 03

## Session 01

FRACTIONED

Warming up

+ 10x300m in 1 min 17
1 min15 recovery jog
Calm pace 10 min


## Session 02 Jogelng

1h of endurance at a speed between 7 min08 and 6 min07
between 7 mindi and 6 min07
per km depending on how your
feeling
15 min abdominals/sheathing

## Session 03 HILL

## (OPTIONAL)

## Warming up

+ 8x40sec on a moderate slope
Recovery downhill jog
Calm pace 10 min


## Session 04 LONG OUTING

1h20 endurance at a speed between $6 \min 35$ and 5 min 42 per km depending on how your feeling

## WEEK 04

## Session 01 FRACTIONED

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

## Session 02 <br> JOGGING

45 min of endurance at a speed between 7 min 08 and 6 min 07 per km depending on how your feeling
15min abdominals/sheathing

Session 03 HIL (OPTIONAL)

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

## Session 04 PREPARATORY <br> PREPARATORY COMPETITION

5 to 7 km preparatory
competition

## WEEK 05

## Session 01 FRACTIONED

Warming up
$+8 x 400 \mathrm{~m}$ in 1 min 45
1 min 30 recovery jog
Calm pace 10 min

## Session 02 JOGGING

50 min of endurance at a speed between 7 min 08 and 6 min 07 per km depending on how your feeling
15 min abdominals/sheathing

## Session 03

FRACTIONED
Warming up
+4x1500m en 7 min 30
2min30 recovery jog
Calm pace 10 min

## Session 04 LONG OUTING

1h10 endurance at a speed between $6 \min 35$ and $5 \min 42$ per km depending on how your feeling

## WEEK 06

## Session 01 FRACTIONED

Warming up

+ $6 \times 500 \mathrm{~m}$ in 2 min 15
1 min45 recovery jog
Calm pace 10 min


## Session 02 <br> JOGGING

55 min of endurance at a speed between 7 min 08 and 6 min 07
per km depending on how your feeling
15 min abdominals/sheathing

Session 03
FRACTIONED
Warming up
$+3 \times 2000 \mathrm{~m}$ in 10 min
3min recovery jog
Calm pace 10 min

## Session 04 LONG OUTING

1h15 endurance at a speed between $6 \min 35$ and $5 \min 42$ per km depending on how your feeling

## WEEK 07

## Session 01 FRACTIONED

## Warming up

+600 m in 2 min 51 1 min 30 recovery
+500 m in 2 min 15
1 min15 recovery

+ 400m in $1 \mathbf{m i n} 45$
1 min recovery
+300 m in 1 min 17
45 sec recovery
+ 200m in 50sec
30sec recovery
+100 m in $\mathbf{2 4 s e c}$
Calm pace 10 mi


## Session 02 JOGGING

50 min of endurance at a speed 50 min of endurance at a spee
between 7 min 08 and 6 min 07 per km depending on how your feeling
5min abdominals/sheathing

## WEEK 07 (part 2)

## Session 03

FRACTIONED

## Warming up

+1000 m in 5 min
1 min 30 recovery
+500 m in 2 min 18
de 3 min recovery

+ 1000m in 5 min
1 min30 recovery
+500 m in 2 min 18
3min recovery
+1000 m in 5 min
1 min 30 recovery
+500m in 2 min 18
3 min recovery
Calm pace 10 min


## Session 04 LONG OUTING

1 h endurance at a speed between 6 min 35 and 5 min 42 per km depending on how your feeling

## WEEK 08

## Session 01 FRACTIONED

## Warming up

+ 10x200m in 50 sec
50sec recovery jog
Calm pace 10 min


## Session 02 <br> JOGGING

40 min of endurance at a speed between 7 min 08 and 6 min 07
per km depending on how your
feeling
15min abdominals/sheathing

## Session 03 FRACTIONED

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

```
Session 04 COMPETITION
10KM
OBJECTIVE 51MIN
```


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## COACH'S ADVICE

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

