

3 or 4 training sessions per week for 8 weeks

## **WEEK 01**

Session 01 FRACTIONED

Warming up

+ 2 series of 7x200m in 54sec

3min recovery between each

Then, 50sec recovery jog Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 7min08 and 6min07 per km depending on how your feeling

Session 03 HILL

(OPTIONAL)

Warming up + 12x20sec on a moderate slope

Recovery downhill jog Calm pace 10min

Session 04 LONG OUTING

**1h10 endurance** at a speed between 6min35 and 5min42 per km depending on how your feeling

## WEEK 02

Session 01 FRACTIONED

Warming up + 6x800m in 4min

1min30 recovery jog Calm pace 10min

Session 02 JOGGING

**55min of endurance** at a speed between 7min08 and 6min07 per km depending on how your

Session 03 HILL

(OPTIONAL)

Warming up

+ 10x30sec on a moderate slope

Recovery downhill jog Calm pace 10min

Session 04 LONG OUTING

**1h15 endurance** at a speed between 6min35 and 5min42 per km depending on how your feeling

## WEEK 03

Session 01 FRACTIONED

Warming up + 10x300m in 1min17

1min15 recovery jog Calm pace 10min

Session 02 JOGGING

1h of endurance at a speed between 7min08 and 6min07 per km depending on how your

Session 03 HILL

(OPTIONAL)

Warming up

+ 8x40sec on a moderate slope

Recovery downhill jog Calm pace 10min

Session 04 LONG OUTING

**1h20 endurance** at a speed between 6min35 and 5min42 per km depending on how your feeling

## WEEK 04

Session 01 FRACTIONED

Warming up

+ 5x1000m in 5min

2min recovery jog Calm pace 10min

Session 02 JOGGING

45min of endurance at a speed between 7min08 and 6min07 per km depending on how your

Session 03 HILL

(OPTIONAL)

Warming up

+ 6x20sec in progressive acceleration

Recovery jog back to the starting point

Session 04 PREPARATORY COMPETITION

5 to 7km preparatory competition

## WEEK 05

Session 01 FRACTIONED

Warming up

+8x400m in 1min45

1min30 recovery jog Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed between 7min08 and 6min07 per km depending on how your

Session 03 FRACTIONED

Warming up

+ 4x1500m en 7min30

2min30 recovery jog

Calm pace 10min

Session 04 LONG OUTING

**1h10 endurance** at a speed between 6min35 and 5min42 per km depending on how your feelina



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## WEEK 06

Session 01 FRACTIONED

Warming up + 6x500m in 2min15

1min45 recovery jog Calm pace 10min

Session 02 JOGGING

**55min of endurance** at a speed between 7min08 and 6min07 per km depending on how your

### Session 03 FRACTIONED

Warming up + 3x2000m in 10min

3min recovery jog Calm pace 10min

Session 04 LONG OUTING

**1h15 endurance** at a speed between 6min35 and 5min42 per km depending on how your

## WEEK 07

### Session 01 FRACTIONED

### Warming up

- + 600m in 2min51 1min30 recovery
- + 500m in 2min15 1min15 recovery
- + 400m in 1min45 1min recovery
- + 300m in 1min17 45sec recovery
- + 200m in 50sec 30sec recovery
- + 100m in 24sec

Calm pace 10min

### Session 02 JOGGING

50min of endurance at a speed between 7min08 and 6min07 per km depending on how your

# WEEK 07 (part 2)

Session 03 FRACTIONED

### Warming up

- + 1000m in 5min 1min30 recovery
- + 500m in 2min18 de 3min recovery
- + 1000m in 5min 1min30 recovery
- + 500m in 2min18 3min recovery
- + 1000m in 5min 1min30 recovery
- + 500m in 2min18 3min recovery

Calm pace 10min

Session 04 LONG OUTING

**1h endurance** at a speed between 6min35 and 5min42 per km depending on how your

## WEEK 08

### Session 01 FRACTIONED

### Warming up

+ 10x200m in 50sec

50sec recovery jog Calm pace 10min

## Session 02 JOGGING

**40min of endurance** at a speed between 7min08 and 6min07 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 51MIN** 

### **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 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.