

01
WEEK 01

Session 01 **FRACTIONED**

Warming up
+ 2 series of 6x200m in 1min
3min recovery between each
Then, 1min recovery jog
Calm pace 10min

Session 02 **JOGGING**

50min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 **LONG OUTING**

1h10 endurance at a speed
between 7min41 et 6min40 per
km depending on how your
feeling

02
WEEK 02

Session 01 **FRACTIONED**

Warming up
+ 6x800m in 4min48
2min15 recovery jog
Calm pace 10min

Session 02 **JOGGING**

55min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 **LONG OUTING**

1h15 endurance at a speed
between 7min41 et 6min40 per
km depending on how your
feeling

03
WEEK 03

Session 01 **FRACTIONED**

Warming up
+ 8x300m in 1min30
1min15 recovery jog
Calm pace 10min

Session 02 **JOGGING**

1h of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 **LONG OUTING**

1h20 endurance at a speed
between 7min41 et 6min40 per
km depending on how your
feeling

04
WEEK 04

Session 01 **FRACTIONED**

Warming up
+ 5x1000m in 6min
2min30 recovery jog
Calm pace 10min

Session 02 **JOGGING**

45min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 **PREPARATORY
COMPETITION**

5 to 7km preparatory
competition

05
WEEK 05

Session 01 **FRACTIONED**

Warming up
+ 7x400m in 2min06
1min30 recovery jog
Calm pace 10min

Session 02 **JOGGING**

50min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 **LONG OUTING**

1h10 endurance at a speed
between 7min41 et 6min40 per
km depending on how your
feeling

06
WEEK 06

Session 01 FRACTIONED

Warming up
+ 4x1500m in 9min
3min recovery jog
Calm pace 10min

Session 02 JOGGING

55min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 LONG OUTING

1h15 endurance at a speed
between 7min41 et 6min40 per
km depending on how your
feeling

07
WEEK 07

Session 01 FRACTIONED

Warming up
+ 3x2000m in 12min
3min30 recovery jog
Calm pace 10min

Session 02 JOGGING

50min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 LONG OUTING

1h endurance at a speed
between 7min41 et 6min40 per
km depending on how your
feeling

08
WEEK 08

Session 01 FRACTIONED

Warming up
+ 8x200m in 1min
1min recovery jog
Calm pace 10min

Session 02 JOGGING

40min of endurance at a speed
between 8min20 and 7min08
per km depending on how your
feeling
15min abdominals/sheathing

Session 03 COMPETITION

10KM
OBJECTIVE 1H



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.

