

10KM TRAINING PROGRAM

OBJECTIVE FIRST 10KM

TIME TO
AN *ASO* EXPERIENCE

Specific Physical Preparedness
2 training sessions per week for 8 weeks

WEEK 01

Session 01 FRACTIONED

20min endurance warm-up
+ 8 to 10 series of 20sec fast /
20sec slow

Calm pace 10min

Session 02 JOGGING

40min endurance

WEEK 02

Session 01 FRACTIONED

20min endurance warm-up
+ 8 to 10 series of 30sec fast /
30sec slow

Calm pace 10min

Session 02 JOGGING

45min endurance

WEEK 03

Session 01 FRACTIONED

20min endurance warm-up
+ 8 to 10 series of 40sec fast /
40sec slow

Calm pace 10min

Session 02 JOGGING

50min endurance

WEEK 04

Session 01 FRACTIONED

20min endurance warm-up
+ 8 series of 50sec fast / 50sec
slow

Calm pace 10min

Session 02 PREPARATORY COMPETITION

Preparatory competition on a 5
to 7km distance

WEEK 05

Session 01 FRACTIONED

20min endurance warm-up
+ 7 series of 1mn fast / 1min
slow

Session 02 JOGGING

55min endurance

WEEK 06

Session 01 FRACTIONED

20min endurance warm-up
+ 6 series of 1min15 fast /
1min15 slow

Session 02 JOGGING

1h endurance

WEEK 07

Session 01 FRACTIONED

20min endurance warm-up
+ 5 series of 1min30 fast /
1min30 slow

Session 02 JOGGING

50min endurance

WEEK 08

Session 01 FRACTIONED

20min endurance warm-up
+ 8 series of 30sec fast / 30sec
slow

Calm pace 10min

Session 02 COMPETITION

**FINISH YOUR
FIRST 10KM**



COACH'S ADVICES

For your jogging sessions, run at low intensity, the pace must remain comfortable and your shortness of breath must be controlled. You must be able to talk while running.

And for the fractionned sessions, gradually accelerate and then recover with a jog and so on.

It's not a sprint, try to cover the same distance with each acceleration.

