

RUN MELBOURNE TRAINING SCHEDULE

5/10KM PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	5-10km relaxed	Rest	15-20 minutes relaxed or tempo	4-6km easy	Rest, or 6km relaxed	5-10km long run	Rest
2	5-10km relaxed	Rest	4-6 x 2 minutes (2 minutes walk recovery)	4-6km easy	Rest, or 6km relaxed	6-10km long run	Rest
3	5-10km relaxed	Rest	5-6 x 2 minutes (2 minutes walk recovery)	4-6km easy	Rest, or 7km relaxed	7-11km long run	Rest
4	5-10km relaxed	Rest	15-20 minutes relaxed or tempo	5-7km easy	Rest, or 7km relaxed	8-12km long run	Rest
5	5-10km relaxed	Rest	4-6 x 3 minutes (1 minute walk recovery)	5-7km easy	Rest, or 8km relaxed	8-12km long run	Rest
6	5-10km relaxed	Rest	20-30 minutes tempo	6-8km easy	Rest, or 8km relaxed	9-13km long run	Rest
7	5-10km relaxed	Rest	5-6 x 3 minutes (1 minute walk recovery)	4-6km easy	Rest, or 6km relaxed	10-13km long run	Rest
8	5km relaxed	Rest	5-6 x 1 minute (1 minute jog recovery)	4km easy	5 x 100 metres relaxed accelerations	Rest	Run Melbourne

TRAINING NOTES

Whether you're a serious athlete or just starting to exercise, you can join weekly training groups for the 5km, 10km and half-marathon events in the lead-up to Run Melbourne. Three pace groups will embark on each course, led by experienced runners. See runmelbourne.com.au for details.

First-time half-marathoners and 5/10km runners

Follow the shorter distance options in the program. Where there is a distance range (for example, 10-15km long run; repetition range 3-4 x 1km), choose the lower option.

Tempo runs

Medium to strong pace with a steady rhythm (80-90 per cent of maximum heart rate).

Experienced runners

Follow the upper range of distances and intervals. An experienced 10km runner could follow the half-marathon plan if he or she likes running longer distances.

Warm up

Before speed work, run easy for 10 minutes, then do four to five 50-metre run-throughs, gradually increasing pace.

Speed work

Wednesday interval session. If new to speed work, run medium-hard, with no sprinting. Experienced runners can work at 5km race pace, or 90-95 per cent of maximum heart rate.

Long runs

Pace is relaxed (60-75 per cent of maximum heart rate). Short walking breaks are OK for less experienced runners.

Programs by Brian Schepisi, training director, Sporting Spirit