


6 Week 5-10km Eltham Fun Run Training Program

Warm up 5-10mins before exercising

5km runners = shorter distance throughout the training

10km runners = longer distance throughout the training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest / XT	4-6 x 200m sprints	Rest / XT	Hill sprints 10-20secs 5-8 sprints	Rest / XT	Easy run 3-6km	Long run 5-8km
2	Rest / XT	6-8 x 200m sprints	Easy run 4-7km	6-8 strides Every 100m picking up pace	Rest / XT	Easy run 3-6km	Long run 5-8km, including 1,600m tempo run (running at a hard pace comfortably)
3	Rest / XT	Easy run 5-9km	Rest / XT	Hill sprints 7-10 x 20secs 90secs recovery between	Rest / XT	Easy run 4-6km	Long run 5-10km race pace
4	Rest / XT	7-9 x 200m sprints	Easy run 3-6km OR XT	8-10 strides, every 100m picking pace up	Rest / XT	Easy run 5-9km	Long run 4-7km race pace
5	Rest / XT	Easy run 4-7km	Rest / XT	Hill sprints 5-8 x 20secs	Rest / XT	Easy run 4-8km	Long run 5-10km
6	Rest / XT	Easy run 4-7km	Rest / XT	Easy run 3-6km	Rest / XT	Easy run 3-5km	RACE DAY 

*Rest / XT (Rest day / cross training) - Depending on how you feel on the day