

### **MARATHON PEACE 10km - 6 month training program**

	Mon	Tue	Wed	Thu	Fri	Sat or Sun
Week 1	15min Easy walk, 5min powerwalk.	rest	2x (5min easy walk, 5min powerwalk)	rest	5x(2min Easy walk, 1min powerwalk)	rest
Week 2	10min Easy walk, 10min powerwalk.	rest	2x (4min easy walk, 6min powerwalk)	rest	5x(1min Easy walk, 2min powerwalk)	rest
Week 3	5min Easy walk, 15min powerwalk.	rest	2x (3min easy walk, 7min powerwalk)	rest	5x(1min EW, 1min PW, 1min E-pace jog)	20min Powerwalk
Week 4	recovery week 5min EW, 10min PW		recovery week 20min Easy walk		recovery week 30min Powerwalk	rest or 30min cycle
Week 5	10min PW(powerwalk) 10min Easy jog	rest	2x(5min PW, 3min Easy jog)	rest	5x (2min PW, 1min fast running)	10min PW, 10min Easy run, 10min W
Week 6	8min PW, 12min Easy jog	rest	2x(5min PW, 5min Easy jog)	rest	6x(1min PW, 1min fast running)	5km Parkrun (walk, jog combination)
Week 7	6min PW, 14min Easy jog	rest	3x(4min PW, 4min Easy jog)	rest	6x(1min easy jog, 1min fast running)	14min PW, 16min Easy run, 10min PW
Week 8	recovery week		20min E-pace run		30min Powerwalk	rest or 40min cycle
Week 9	5min PW, 15min Easy jog	rest	4x(2min PW, 3min Medium run)	rest	6x(1min easy jog, 2min fast running)	16min PW, 18min Easy run.
Week 10	3min PW, 18min Easy jog	rest	5x(1min PW, 3min Medium run)	rest	4km time trial	8min PW, 25min Easy run.
Week 11	2min PW, 20min Easy jog	rest	5x(3min Easy jog, 3min Medium run)	rest	8x(1min easy jog, 2min fast running)	5min PW, 30min Easy run, 5min PW
Week 12	recovery week 20min Easy jog	rest	recovery week 15min PW/15min E-run	rest	recovery week 4km time trial	35min Easy run
Week 13	25min Easy jog, plus 4x 30sec strides	rest	6x(2min Easy jog, 5min Medium pace run)	rest	10x(1min easy jog, 2min fast running)	Parkrun 5km
Week 14	30min Easy jog	rest	4x(2min Easy jog, 6min Medium run)	rest	6km time trial	40min Easy run
Week 15	35min Easy jog, plus 4x 30sec strides	rest	3x(2min Easy jog, 8min Medium run)	rest	10x(1min easy jog, 2min fast running)	45min Easy run
Week 16	recovery week 40min Easy jog	rest	recovery week 20min Medium-pace	rest	recovery week 35min Easy	35min Easy run
Week 17	40min Easy jog, plus 4x 30sec strides	rest	10min E-pace, 4x 2min Hill repeats, 10min E	rest	8x(1min easy jog, 2min fast running)	55min Easy run
Week 18	40min Easy jog, plus 4x 30sec strides	rest	10min E, 20min of (1min T and 1min E)	rest	6km time trial	60min Easy run
Week 19	40min Easy jog, plus 4x 30sec strides	rest	10min E-pace, 5x 2min Hill repeats, 10min E	rest	10x(1min easy jog, 2min fast running)	65min Easy run
Week 20	recovery week rest	rest	35min E-pace run	rest	35min E-pace run	rest or 40min cycle
Week 21	45min Easy jog, plus 4x 30sec strides	rest	10min E-pace, 5x 2min Hill repeats, 10min E	rest	8km time trial	Parkrun 5km
Week 22	35min Easy jog, plus 6x 30sec strides	rest	4x(2min Easy jog, 8min Medium run)	rest	10x(1min easy jog, 2min fast running)	70min Easy run
Week 23	40min Easy jog, plus 6x 30sec strides	rest	3x(2min Easy jog, 10min Medium run)	rest	6km time trial	50min Easy run
Week 24	20min Easy jog plus 6x 30sec strides	rest	2x(2min Easy jog, 5min Medium run)	rest	10min easy jog, 5x30s fast with 1min rest	Sanlam Cape Town 10km race

**Notes:** EW=Easy walk - heart rate below 120bpm  
PW=Powerwalk - heart rate between 120-140bpm  
E=Easy pace - heart rate between 140bpm-150bpm  
M=Medium pace - heart rate between 150-160bpm  
T=Threshold pace - heart rate between 160-170bpm  
I=Interval pace - heart rate 170bpm and higher  
LSD=Long slow distance - heart rate below 150bpm  
Strides=Controlled faster than race pace efforts 100m