



Training Plan

Designed by Coach Emmett Dunleavy of PerfectPacing.com

General Recommendations

The plan assumes that you can already run relatively comfortably for 30-40 minutes. This is a not a couch to 10k plan. If you are starting completely from scratch, its best to spend the first 5 weeks working on a couch to 5k plan and spend the second 5 weeks, using the first half of this 10k plan.

For those starting from a non-running background, talk with your doctor BEFORE you start becoming more physically active. Tell your doctor about the race and training you intend to undertake and follow his/her advice.

Changes to the plan are inevitable. However, make sure that high intensity days are not scheduled together. Leave at least 2 days between hard workouts. If you miss a series of days for whatever reason, don't try to catch up by cramming.

Some general muscle soreness and fatigue is normal. Deep Heat Rub can give relief of muscular pains and stiffness and can be used before or after exercise. If the issue becomes persistent, or excessively painful, get treatment from your therapist and stop running. Fitness can be maintained through cross training (aqua-jogging, elliptical trainer, cycling, swimming etc).

BEFORE RUNNING:

- It's important to complete a dynamic warm up to prepare your body before running.
- Applying a heat product, like Deep Heat Muscle Massage Roll-on Lotion can also help to loosen and soften muscles, so they move more easily.
- Be careful not to overstretch, as you run the risk of a strain.

AFTER INJURY:

- Never ignore an injury, use a cooling product immediately.
- Applying a cooling product as part of PRICE (Protect, Rest, Ice, Compress, Elevate) can help minimise damage, reduce recovery time and provide FAST pain relief.
- Cold therapy can also help alleviate the pain associated with Delayed Onset Muscle Soreness (DOMS) which can occur 24-48 hours after exercise, when muscles have been strained.

REHAB:

- Approximately 72 hours after an injury, apply a heat product, like Deep Heat Muscle Massage Roll-on Lotion and massage to help restore movement.
- This could help realign muscle fibres and breakdown adhesions and scar tissue.
- Full rehab can take several days or weeks. Continue to use a heat product during this process and combine with gentle movement

Training Paces

Easy Runs – Conversational pace. If you can't talk comfortably, it's too fast.

Threshold Runs – Should feel like 7-8 out of 10 in terms of effort. They are not time trials. The pace equates to what you would hold for a race of 60-90 minutes in duration.

Hill Repeats – Hill repeats should be run by effort rather than pace. Aim to finish the session with the ability to do 2 more reps if they were required.

Hill Sprints – On a medium gradient (e.g. slightly less than a ramp in a multi-story carpark), run 10-12 seconds at max effort. Full recovery = walk back recovery. 1-2 minutes.

Strides – To be completed at 90-95% effort, with the focus on good posture and running form rather than speed.

Surges are controlled increases of pace. On completion of the effort, slip back into the previous pace of the run.

Rest Day – Take a complete rest from all training 1 day per week. This allows full recovery and recuperation from hard running session. On non-running days, some light, low intensity cross training is permitted.

Recovery Nutrition - After a hard workouts or long runs, aim to consume a small portion of recovery food within 15-20 minutes. E.g. Recovery drink, Chocolate Milk, Banana, Dried Fruit, Try to get a full meal within 90 minutes.

Where possible, run on soft surfaces - like grass, however, trail or cinder are good substitutes. Try to limit weekly road running.

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