



[Runlab](#) has developed this training program specifically for the Sydney Harbour 10k.

This guide gives a training programme for people wishing to run 10 km for an organised race or just to challenge yourself. It is suitable for you if you have already completed multiple 10km races and consider yourself an advanced runner with a goal sub 45 minutes.

This program focuses on:

- improving your aerobic fitness and overall body strength
- speed and endurance
- training a maximum of 6 days a week over a 10 week period

Do you want further structure, support and experience with your training? Take advantage of your [RUNLAB](#) special offer and join one of their many weekly run groups to help you through that more challenging session in your training week.

4 MAY - 10 WEEKS TO GOAL

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
1	MONDAY	GYM/Core				Note: 3km TT scheduled this week. All RunLab are doing a 3km TT this week (if you choose to attend), this will test where you are.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 4*800m at 3:50 with 2 min walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and

						relaxed. RPE 3-4
	THURSDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	FRIDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	8k approx. in total	4:47-5:13	142.2-158.4	Steady Long run. RPE 4-5

11 MAY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
2	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	3km TT. Ensure that your well warmed up including drills and run-throughs. Run 3km fast trying to hold a steady pace the entire effort. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	Lactate Threshold	7k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2k at 4:15 with 2 min walk in between sets, then cool down. RPE 6-7
	FRIDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and

						relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	8k approx. in total	4:47-5:13	142.2-158.4	Steady Long run. RPE 4-5

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WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
3	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 4*1k at 3:50 with 2 min walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	Lactate Threshold	8k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2.5k at 4:15 with 2 min walk in between sets, then cool down. RPE 6-7
	FRIDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	10k approx. in total	4:47-5:13	142.2-158.4	Steady Long run but building up the length of this run now. RPE 4-5

25 MAY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
4	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	Fartlek Session. 3 min hard, 2 min hard, 1 min hard with 90 seconds recovery after each effort. Repeat twice. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	Lactate Threshold	8k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 1*5kk at 4:15 with 2km cool down. RPE 6-7
	FRIDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	11k approx. in total	4:47-5:13	142.2-158.4	Steady Long run but building up the length of this run now. RPE 4-5

1 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
5	MONDAY	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	8k approx. in total	3:50	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 5*1km at 3:50 with 2 min walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Lactate Threshold	9k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 1*6km at 4:15 with 2km cool down. RPE 6-7
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	12k approx. in total	4:47-5:13	142.2-158.4	Steady Long run. RPE 4-5

8 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
6	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	Fartlek Session. 3 min hard, 2 min hard, 1 min hard with 90 seconds recovery after each effort. Repeat twice. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	General Aerobic	6k approx. in total	4:15	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Lactate Threshold	6k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2.5km at 4:15 with 2 min walk in between sets, then cool down. RPE 6-7
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	13k approx. in total	4:47-5:13	142.2-158.4	Steady Long run. RPE 4-5

15 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
7	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	8k approx. in total	3:50	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 6*1km at 3:50 with 2 min walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	Lactate Threshold	9k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 4*8 min at 4:15 with minute walk b/w. 2km cool down. RPE 6-7
	FRIDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	14k approx. in total	4:47-5:13	142.2-158.4	Steady Long run but building up the length of this run now. RPE 4-5

22 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
8	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	Fartlek Session. 3 min hard, 2 min hard, 1 min hard with 90 seconds recovery after each effort. Repeat twice. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	Lactate Threshold	10k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 4*10 min at 4:15 with minute walk b/w. 2km cool down. RPE 6-7
	FRIDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	14k approx. in total	4:47-5:13	142.2-158.4	Steady Long run but building up the length of this run now. RPE 4-5

29 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
9	MONDAY	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	8k approx. in total	3:50	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 8*400m at 3:50 pace with 90 sec walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Lactate Threshold	11k approx. in total	4:15	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 1*7km at 4:15. 2km cool down. RPE 6-7
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	8k approx. in total	4:47-5:13	142.2-158.4	Steady Long run. RPE 4-5

6 JULY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
10	MONDAY AM	GYM/Core				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	V02 Max (5k Pace)	7k approx. in total	3:50	167.4-171	Fartlek Session. 2 min hard, 2 min hard, 1 min hard with 90 seconds recovery after each effort. Repeat twice. RPE 8-9
	WEDNESDAY AM	General Aerobic	6k approx. in total	5:0-5:13	133.2-151.2	Easy pace run, just stay nice and relaxed. RPE 3-4
	THURSDAY AM	Rest				
	FRIDAY AM	Rest				
	SATURDAY AM	General Aerobic	5km approx.		133.2-151.2	Easy 3-4km run and 4*100 strides at 70 % of max with 2 min walk in between. RPE 4-5
	SUNDAY AM	Long/Medium Long	13k approx. in total	4:47-5:13	142.2-158.4	Steady Long run. RPE 4-5

<p>The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.</p>	Running activity	Talk test	% of Max Heart Rate
0 – Nothing at all	Comfortable. Very easy run/jog and walking.	very easy. You can easily carry a conversation	40-45%
0.5 – Just noticeable			46-50%
1 – Very light			51-55%
2 – Light			
3 – Moderate	General aerobic/recovery run	Very easy. You can converse with almost no effort	56-60%
4 – Somewhat heavy		Moderately easy. You can converse with a little more effort	
5 – Heavy	Long/Medium Long run	Starting to get challenging. Conversation required effort	61-67%
6		Difficult. Conversation requires a lot of effort	68-75%
7 – Very heavy		Very Difficult. Conversation requires maximum effort	76-80%
8	Tempo run/Lactate Threshold		81-85%
9		V02 Max/Race pace	Full out effort. No conversation possible
10 – Very, very heavy	Race pace/Race pace to win	93-100%	