



[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 done a 10km race or longer and are looking to improve with a goal of between 45-60 minutes.

This program focuses on:

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

You may find there are some terms you do not understand. At the end of this plan, you will find some [key definitions](#) to help you get the most out of your training.

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)	5k Approx. in total	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 4*600m at 4:30 with 2 min walk recovery, then cool down.

						RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Rest				
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	7k approx. in total	6:0-6:32	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)	6k in total	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 3k time trial . RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	Comfortable	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Rest				
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	7k approx. in total	6:0-6:32	142.2-158.4	Steady Long run. RPE 4-5

18 MAY

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)	6k Approx. in total	4:30	167.4-171	Run 12min/walk 1-2 minutes/Run 14min. RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	9k approx. in total	6:0-6:32	142.2-158.4	Increasing the length of the long run. RPE 4-5

25 MAY

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
4	MONDAY AM	Rest				Can be done any day of the week. 20-30 minutes Core work and functional strength exercises.
	TUESDAY AM	Lactate Threshold	7k Approx. in total	5:00	167.4-171	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2k at 5:00 with 2 min walk in between sets, then cool down RPE 6-7
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and

						relaxed. RPE 3-4
	FRIDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	9k approx. in total	6:0-6:32	142.2-158.4	Increasing the length of the long run. 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)	7k Approx. in total	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 5*600m at 4:30 with 2 min walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Lactate Threshold	7k Approx. in total	5:0	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2k at 5:00 with 2 min walk in between sets, then cool down RPE 6-7
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	10k Approx. in total	6:0-6:32	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 in total	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 4*1km @4:30 with 2 min walk in between, warm down RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	Comfortable	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	General Aerobic	7k Approx. in total	6:16-6:32	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	6:0-6:32	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)	6k Approx. in total	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 6*800m @4:30 pace with 2 min walk in between, warm down RPE 8-9

	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Lactate Threshold	7k Approx. in total	5:0	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2.kk at 5:00 with 2 min walk in between sets, then cool down RPE 6-7
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	12k approx. in total	6:0-6:32	142.2-158.4	Increasing the length of the long run. RPE 4-5

22 JUNE

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
8	MONDAY AM	Rest				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	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 4*1km @4:30 with 2 min walk in between, warm down RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	General Aerobic	7k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	12k approx. in total	6:0-6:32	142.2-158.4	Increasing the length of the long run. 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	4:30	167.4-171	This is slightly faster than 10km race pace. Warmup/drills then 7*600m at 4:30 with 2 min walk recovery, then cool down. RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	6:16-6:32	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Lactate Threshold	7k Approx. in total	5:0	147.6-163.8	Tempo Run. This is slightly slower than your 10km race target. Warmup/drills then 2*2k at 5:00 with 2 min walk in between sets, then cool down RPE 6-7
	SATURDAY AM	Rest				
	SUNDAY AM	Long/Medium Long	10k Approx. in total	6:0-6:32	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)	5k in total	4:30	167.4-171	This is slightly faster than 10km

						race pace. Warmup/drills then 3*1km @4:30 with 2 min walk in between, warm down RPE 8-9
	WEDNESDAY AM	Rest				
	THURSDAY AM	General Aerobic	5k Approx. in total	Comfortable	133.2-151.2	Easy Pace run just stay nice and relaxed. RPE 3-4
	FRIDAY AM	Rest				
	SATURDAY AM	Rest				
	SUNDAY AM	VO2 Max (5k Pace)	11k approx. in total	4:30	167.4-171	Race Day. Ensure you do a warmup jog 3-4 minutes at least

Definitions

If you are new to running and this type of training, there may be a few terms that you are not sure of the meaning. The key definitions are below.

Long Run: Long run, the aim is to improve endurance. Do at the correct intensity ideally 10-20% slower than marathon pace

Long/Medium Run: Long run, the aim is to improve your endurance. Do at the correct intensity. Long runs are also done at a moderate aerobic intensity; they are just longer and eventually >60 minutes. If you had a goal marathon pace, the long run would be 10-20% slower than this.

General Aerobic: Is a standard moderate effort run, slower than tempo, but faster than recovery with the aim to enhance overall aerobic conditioning

Lactate Threshold: Is a person's anaerobic threshold or the point where the lactic acid builds in the muscles due to the body's inability to process it. Runners can delay the onset of their lactate threshold through proper training and, as a result, improve their endurance and speed.

Tempo: A tempo run is close to your 15k or Half Marathon pace target. This type of run provides stimulus to improve lactate threshold pace, which will allow you to gradually improve your shorter race times.

Recovery Run: Is relatively short runs to enhance recovery for next session. Not a jog but stay below 76% of MHR and feel like your storing rather than leaking energy

VO2 Max: Are short repetitions of between 600-1600m at 5k pace. This provides stimulus to increase speed and Lactate Threshold

Heart Rate

Heart rate is the single most accurate means to understand how your body is responding to exercise. You can measure your heart rate by placing your first two fingers on either side of the neck and then counting the number of beats per minute. This will give you a reading of beats per minute that you heart should

reach in any given activity. This number is based on your age, gender, size and lifestyle choices. You can estimate your max heart rate using the following formula - $HR_{Max} = 208 - (0.7 * \text{age})$ (Tanaka Monahan & Seals. Alternatively, there are other great options such as the [TomTom Runner Cardio watch](#) for strap free heart rate monitoring.



GPS SPORT WATCHES

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.	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			
2 – Light			
3 – Moderate	General aerobic/recovery run	Very easy. You can converse with almost no effort	51-55%
4 – Somewhat heavy		Moderately easy. You can converse with a little more effort	56-60%
5 – Heavy	Long/Medium Long run	Starting to get challenging. Conversation required effort	61-67%
6	Tempo run/Lactate Threshold	Difficult. Conversation requires a lot of effort	68-75%
7 – Very heavy			76-80%
8		Very Difficult. Conversation requires maximum effort	81-85%
9	V02 Max/Race pace	Full out effort. No conversation possible	86-92%
10 – Very, very heavy	Race pace/Race pace to win		93-100%