

Base Training 6 Weeks Cycle / Group A & B

Week	Week ending	Intensity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	11/12/2011	↗	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Fartlek 10' [E] + 5x (3' [Q] + 1' [E]) + 10' [E] 40 5 21.25	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Tempo 15' [E] + 20' [T] + 15' [E] 50 7 19.5	Rest 0 0	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Long Run 80' [L/E] 80 12 20	350 46.5 105.75
2	18/12/2011	↗	Easy Run 65' [E] + Strides (8x) 65 8 16.25	Fartlek 10' [E] + 8x (2' [Q] + 1' [E]) + 10' [E] 40 5 23	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Tempo 15' [E] + 20' [T] + 15' [E] 50 7 19.5	Rest 0 0	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Long Run 90' [L/E] 90 12.5 22.5	365 47.5 111.25
3	25/12/2011	↗	Easy Run 70' [E] + Strides (8x) 70 9 17.5	Fartlek 10' [E] + 4x (4' [Q] + 1' 30" [E]) + 10' [E] 40.5 5 22.5	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Cruise Intervals 15' [E] + 3x (10' [T] + 2' [E]) + 15' [E] 66 7 27	Rest 0 0	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Long Run 100' [L/E] 100 13 25	396.5 49 122
4	01/01/2012	↘	Easy Run 65' [E] + Strides (8x) 65 8 16.25	Fartlek 10' [E] + 6x (3' [Q] + 1' [E]) + 10' [E] 44 5 24.5	Easy Run 45' [E] + Strides (8x) 45 6 11.25	Cruise Intervals 15' [E] + 2x (15' [T] + 3' [E]) + 15' [E] 66 7 27	Rest 0 0	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Long Run 90' [L/E] 90 12 22.5	370 45.5 116.5
5	08/01/2012	↗	Easy Run 70' [E] + Strides (8x) 70 9 17.5	Fartlek 10' [E] + 6x (2' 30" [Q] + 30" [E]) + 1' [Q] + 1' [E] + 10' [E] 53 6 29	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Tempo 15' [E] + 20' [T] + 15' [E] 50 7 19.5	Rest 0 0	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Long Run 100' [L/E] 100 12 26.25	393 49 122.25
6	15/01/2012	↗	Easy Run 75' [E] + Strides (8x) 70 10 18.75	Fartlek 10' [E] + 5x (5' [Q] + 1' 30" [E]) + 10' [E] 50 6 31.25	Easy Run 65' [E] + Strides (8x) 65 7.5 16.25	Cruise Intervals 15' [E] + 4x (8' [T] + 1' [E]) + 15' [E] 66 7 40.5	Rest 0 0	Easy Run 60' [E] + Strides (8x) 60 7.5 15	Long Run 110' [L/E] 110 12 27.5	421 50 149.25

Key	Score
[E] Easy Run	0.25
[L] Long Run Pace	0.25
[T] Threshold Pace (10m)	0.6
[Q] 10k Pace	1
[R] Repetitions	1.5

This schedule is targetted for athletes beging able to run 35' to 37'30" for the 10k. The Q-Pace in this schedule should not be faster than 10k pace. For those who do not know their E/Q/T pace should simply keep going and review their paces after each run and review the sessions after each week. This will help to narrow down the relevant pace. The main emphasise of this phase is on base building and not racing, it's important to get into a regular training rhythm. The distance (mileage) is only an estimate and depend on terraine. Aim for your time on feet first and then aim for a more even effort of your run. If possible stick to firm surfaces (path, hard grass etc.).

Athletes at a higher ability (<35' for 10k) can double up and can increase the aerobic training by adding a 2nd easy run of 45'/5m in the morning. For example, start with 2 morning runs first (Tu/Th) and then progress to 3 or even 4. Alternative to increase the weekly mileage to approx. 75mpw the steady runs can be increased by 15' mins. Incorporating more structured strength training will bring additional benefits.

Session Details	Time
	Distance
	Score