

### 10km Training program, Novice 1, aim to finish

Rest days: Mondays & Fridays. Rest or cross training days: Tuesdays and Saturdays. Include a strength session on Monday, Thursday or Saturday.

Training phases	Week	Date	Mon	Wed	Sat	Sun
Base Training	1	4/29/2019	3 (20)*	4 (25)	REST	3 (30)
	2	5/6/2019	3 (20)	4 (25)	REST	5km easy run or 40 min cross
Early Quality Training	3	5/13/2019	3 (20)	4 (25)	5 (30)	5km easy run or 40 min cross
	4	5/20/2019	3 (20)	4 (24)	REST	5 (40)
Hard work	5	5/27/2019	3 (20)	4 (24)	5 (30)	5km easy run or 40 min cross
	6	6/3/2019	3 (18)	4 (24)	6 (35)	5km easy run or 40 min cross
	7	6/10/2019	3 (18)	4 (24)	5 (40)	5km easy run or 50 min cross
	8	6/17/2019	3 (18)	5 (30)	7 (40)	5km easy run or 50 min cross
Tempo Running	9	6/24/2019	3 (18)	5 (30) TEMPO	5 (35)	10 (70)
	10	7/1/2019	3 (18)	5 (30) TEMPO	5 (30)	5km easy run or 60 min cross
	11	7/8/2019	3 (18)	5 (28) TEMPO	8-10 (60-70)	REST
Race	12	7/15/2019	3 (18)	5 (28) TEMPO	REST	10kmWRF Race

\* 3km (or 20 minutes) - do whichever comes first.