

10KM INTERMEDIATE GUIDE

SUNDAY **6** OCTOBER

PERTHRUNNINGFESTIVAL.COM.AU



WEEK 1

10KM INTERMEDIATE GUIDE



RECOMMENDED GROUP SESSIONS

All Step into Life Venues – Bassendean, Caversham, Ellenbrook, Canningvale, Willetton, South Perth, East Vic Park, Piara Waters. Click [HERE](#) to find a time that best suits you...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 4km Run	Rest	6 x 500m Sprints	Rest	Cross Training - Ride	Rest	Long Run 6 km



WARMING UP!!!

So many people underestimate the importance of a proper warm up before their workout. Warming up before you exercise can be the difference between having a successful workout where your body works at its best, or a workout that doesn't go as well as you want.

When you start exercising, a number of changes happen in your body. Your heart and breathing rate increases, blood flow to your muscles increases, and nervous system activity also increases.

	ROUND 1	ROUND 2
Skipping	50	50
Ab Bikes	50	
High Knees	50	50
Butt Kicks		50
Mountain Climbers	50	50
Star Jumps	20	

This is especially important before a high intensity workout to help prevent fatigue, reduce the risk of injury and to help you get the most out of your training. Try round 1 and round 2 of the below workout to get your warmed up... AND GO!!

WEEK 2

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 4km Run. Recovery Run	Rest	Tempo Run 30mins	Rest	Cross Training - Outdoor Training Session	Rest	Long Run 6km

TEMPO

Without getting too technical, tempo pace is the effort level at which your body is able to clear as much lactate—a by-product of burning carbohydrates—as it produces. Your body's lactate clearance is at the same level as its lactate production, meaning the dreaded dead-leg sensation doesn't set in. (from www.runnersworld.com) It's a pace generally described as comfortably hard.

TO CALCULATE YOUR TEMPO PACE:

<https://www.runnersworld.com/uk/training/a761676/rws-training-pace-calculator/>



WEEK 3

10KM INTERMEDIATE GUIDE



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 4km Run. Recovery Run	Rest	8 x 500m Sprints + 2km Run	Rest	Cross Training - Ride	Rest	Long Run 8km



FOOD AS FUEL BEFORE AND AFTER WORKOUT

BEFORE: FUEL UP

Not fuelling up before you work out is like driving a car on empty, you also won't have enough energy to maximize your workout and you limit your ability to burn calories. Hydrating with water.

Eating healthy carbohydrates such as whole-grain cereals (with low-fat or skim milk), whole-

wheat toast, low-fat or fat free yogurt, whole grain pasta, brown rice, [fruits and vegetables](#).

Avoiding [saturated fats](#) and even a lot of healthy protein — because these types of fuels digest slower in your stomach and take away oxygen and energy-delivering blood from your muscles. If you only have 5-10 minutes before you exercise, eat a piece of fruit such as an apple or banana. The key is to consume easily digested carbohydrates, so you don't feel sluggish.

AFTER: REFUEL YOUR TANK

- Fluids. Drink water, of course. Blend your water with 100% juice such as orange juice which provides fluids, carbohydrates.
- Carbohydrates. You burn a lot of [carbohydrates](#) — the main fuel for your muscles — when you exercise. In the 20-60 minutes after your workout, your muscles can store carbohydrates and protein as energy and help in recovery.
- Protein. Eat things with protein to help repair and grow your muscles.

WEEK 4

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 5km Run. Recovery Run	Rest	Tempo Run 40min	Rest	Cross Training - Hike	Rest	Long Run 7km



HOW DO I STAY HYDRATED?

Fluids and electrolytes play a vital role in your body as they regulate how fuel sources are transported, body temperature, and other vital functions. Dehydration can have a severe impact on your ability to perform exercise, and various studies have shown massive performance reductions when dehydrated in both cold and hot environments.

The best test of whether you are hydrated or not is to check the colour of your urine; you should be aiming for pale yellow. Any more concentrated means you are lacking fluids and are at risk for dehydration.

During exercise, individual fluid needs can differ greatly based on body size, sweat rate, and environmental factors. As a rough guide,

the average person needs to replace roughly 600ml of fluid per hour of exercise (a standard drink bottle), Electrolytes help to increase the absorption of fluids into the bloodstream. They provide the electrical energy necessary for many functions in the human body and for optimal athletic performance. However, try to avoid the ones which are high in sugar.

Written by <https://aaptiv.com> – Lyndsay Tigar

WEEK 5

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 5km Run. Recovery Run	Rest	10 x 400m Sprints + 4km Run	Rest	Cross Training - Outdoor Training Session	Rest	Long Run 9km



WEEK 6

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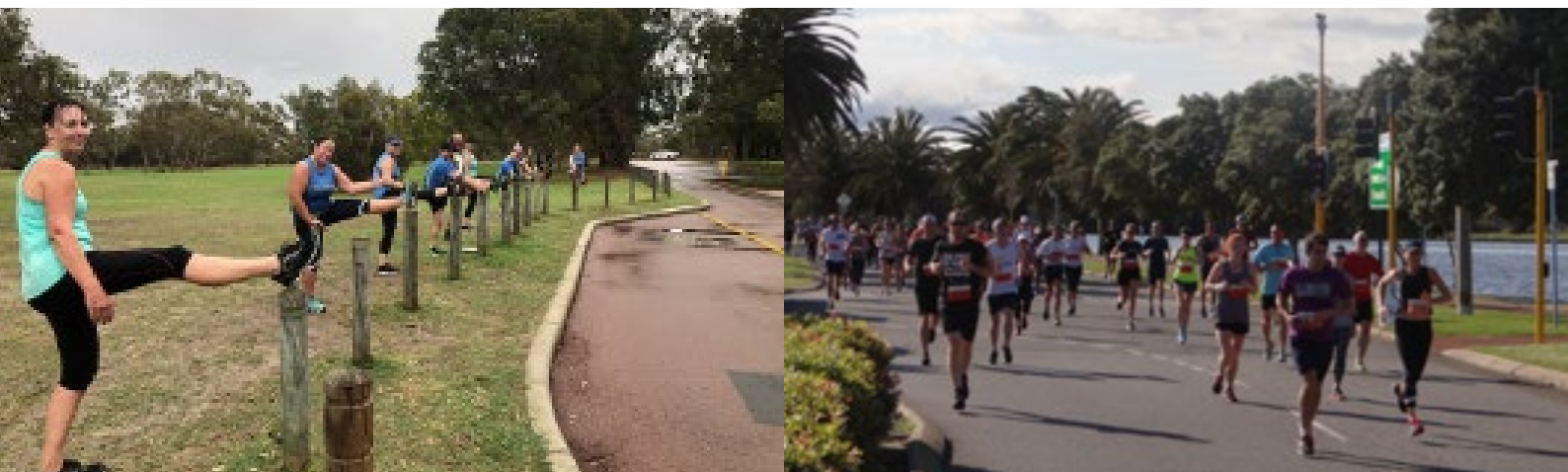
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 6km Run. Recovery Run	Rest	Tempo Run 45min	Rest	Cross Training - Ride	Rest	Long Run 9km

TEMPO

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WEEK 7

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 6km Run. Recovery Run	Rest	10 x 600m Sprints + 5km Run	Rest	Cross Training - Pilates/Yoga	Rest	Long Run 10km

THE 5 BEST STATIC STRETCHES TO DO AFTER YOUR RUN

This easy routine will help you boost flexibility. Do it right after your workout, when your muscles are still warm.



HIP-FLEXOR STRETCH	Kneel on your right knee, with your left foot in front of your body. Lean forward from the hips . Hold for 30 seconds, then switch sides
HAMSTRING STRETCH WITH ROPE	Loop a strap around your right foot. Gently pull your leg toward light stretch. Hold for 30 seconds, then switch sides.
PIRIFORMIS STRETCH	Lie on your back . Bend your right leg and place the ankle in front of your left knee. Pull your left thigh toward your torso. Hold for 30 seconds, then switch sides.
LOWER-BACK STRETCH #1	Bring your knees to your chest and grasp your legs. Hold for 30 seconds.
LOWER-BACK STRETCH #2	Drop your hips back until your glutes rest on your heels. Lower your chest to the floor and stretch your arms out in front of you. Hold for 30 seconds.

Published by www.runnersworld.com - Matt Rainey (pics)

WEEK 8

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & 4km Run. Recovery Run	Rest	Tempo Run 50min	Rest	Cross Training - Hike	Rest	Race Day

TEMPO

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