

Geelong
Advertiser

RUN4
GEELONG
2024

10KM TRAINING PROGRAM





WHAT TO EXPECT

THIS PROGRAM WILL INCLUDE A NUMBER OF DIFFERENT RUNNING SESSIONS.

THINK:

INTERVALS

LONG RUNS

RECOVERY RUNS

REST DAYS

ALTHOUGH WE DO NOT SPECIFY WHAT DAYS TO DO EACH SESSION, KEEP IN MIND THAT YOU DON'T WANT TO DO 2 SESSIONS BACK-TO-BACK. ALWAYS HAVE A RECOVERY DAY IN BETWEEN.

FITT

THIS PROGRAM IS BASED OFF THE FITT PRINCIPLES

FREQUENCY: INCLUDED IN THIS PROGRAM ARE 3 RUNNING SESSIONS PER WEEK. IT IS RECOMMENDED TO HAVE ONE COMPLETE REST DAY PER WEEK TO RECOVER.

INTENSITY: THE INTENSITY OF THE SESSIONS ARE INCLUDED USING **RATE OF PERCEIVED EXERTION (RPE)**. THIS IS SUBJECTIVE AND AN INDICATION OF HOW HARD YOUR BODY SHOULD BE WORKING.

10 - MAXIMAL EFFORT

9 - VERY HARD

7 - 8 VIGOROUS ACTIVITY

4 - 6 MODERATE ACTIVITY

2 - 3 LIGHT ACTIVITY

1 VERY LIGHT

TIME: THIS IS AN 8 WEEK PROGRAM WHICH INCLUDES 6 WEEKS OF ENDURANCE TRAINING PROGRESSION FOLLOWED BY A 2 WEEK TAPER BEFORE THE EVENT.

TYPE: THERE ARE THREE TYPES OF SESSIONS INCLUDED IN THE PROGRAM. THEY ARE LONG RUNS, INTERVAL RUNS AND RECOVERY RUNS. IT IS ALSO RECOMMENDED TO COMPLETE STRENGTH TRAINING THROUGHOUT THE PROGRAM FOR EVEN GREATER RESULTS.

JOIN US

FOR THE 8 WEEKS LEADING INTO RUN FOR GEELONG.
JOIN US FOR A RUN FROM PROFEET NEWTOWN LEAD BY
OUR TEAM. ALL ABILITIES WELCOME!
LOOK OUT ON SOCIALS FOR ANY UPDATES!

WHEN: 8AM SUNDAY MORNINGS

WHERE: 89 WEST FYANS STREET, NEWTOWN





WEEK 1

8 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN
1 MIN JOG 1 MIN WALK
FOR 20 MINS
RPE: 4-6

SESSION 2: INTERVAL SESSION
20 SECS HARD 40 SEC EASY
JOG/WALK FOR 10 MINS
RPE: 7-8

SESSION 3: RECOVERY RUN
1MIN JOG 2 MIN WALK FOR 15 MIN
RPE: 2-3

INTERMEDIATE

SESSION 1: LONG RUN
30 MINS SLOW JOG
RPE: 4-6
DISTANCE: 5-7KM

SESSION 2: INTERVAL SESSION
45 SECS HARD 75 SEC SLOW JOG
FOR 20MINS
RPE: 7-8
DISTANCE: 4-5KM

SESSION 3: RECOVERY RUN
20 MIN SLOW JOG
RPE: 2-3
DISTANCE: 3-4KM

TOP TIP: PATIENCE IS KEY, WE DON'T NEED TO RUN 10KM TOMORROW. TRUST THE PROCESS.

JOIN US AT PROFEET NEWTOWN, 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 2

7 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN
2 MIN JOG 1 MIN WALK
FOR 25 MINS
RPE: 4-6

SESSION 2: INTERVAL SESSION
STAIR CLIMBS
JOG UP WALK BACK X 10
RPE: 7-8

SESSION 3: RECOVERY RUN
1MIN JOG 1MIN WALK FOR 20 MIN
RPE: 2-3

INTERMEDIATE

SESSION 1: LONG RUN
35 MINS SLOW JOG
RPE: 4-6
DISTANCE: 6-7KM

SESSION 2: INTERVAL SESSION
HILL SPRINTS
SPRINT UP SLOW JOG BACK X 10
RPE: 7-8
DISTANCE: 2-3KM

SESSION 3: RECOVERY RUN
25 MIN SLOW JOG
RPE: 2-3
DISTANCE: 4-5KM

TOP TIP: GEELONG RESIDENTS, HEAD TO EASTERN BEACH FOR YOUR STAIR CLIMBS / HILL REPEATS, GRAB A COFFEE AT THE BEACH HOUSE AFTERWARDS!

*FOR STAIR CLIMBS WE RECOMMEND RUNNING UP THE STAIRS AND DOWN THE RAMP FOR A LONGER RECOVERY.

JOIN US AT PROFEET NEWTOWN 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 3

6 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN
2 MIN JOG 1 MIN WALK
FOR 30 MINS
RPE: 4-6

SESSION 2: INTERVAL SESSION
400M (OR 90 SEC) EFFORTS X 8
3MIN REST INBETWEEN SETS
RPE: 7-8
DISTANCE: 3.2KM

SESSION 3: RECOVERY RUN
1MIN SLOW JOG 1 MIN WALK
FOR 25 MIN
RPE: 2-3

INTERMEDIATE

SESSION 1: LONG RUN
3KM SLOW JOG
2KM GOAL RACE PACE
2KM SLOW JOG
RPE: 5-6
DISTANCE: 7KM

SESSION 2: INTERVAL SESSION
1KM EFFORTS (OR 4 MIN) X 5
2 MIN REST INBETWEEN SETS
RPE: 7-8
DISTANCE: 5KM

SESSION 3: RECOVERY RUN
30 MIN SLOW JOG
RPE: 2-3
DISTANCE: 5-6KM

TOP TIP: WE RECOMMEND HAVING A LIGHTER PAIR OF SHOES FOR INTERVAL SESSIONS AND RACE DAY. YOU WILL FEEL LIGHTER AND FASTER FOR THESE SESSIONS WHICH IS GREAT WHEN YOUR LEGS ARE MOVING QUICKER AND THE HEART RATE IS HIGHER!

JOIN US AT PROFEET NEWTOWN, 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 4

5 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN

30 MIN CONTINUOUS SLOW JOG

RPE: 4-6

DISTANCE: 4-6KM

SESSION 2: INTERVAL SESSION

HILL SPRINTS X 10

HARD UP WALK BACK RECOVERY

RPE: 7-8

DISTANCE: 2-3KM

SESSION 3: RECOVERY RUN

4 MIN SLOW JOG 1 MIN WALK

FOR 35 MIN

RPE: 2-3

DISTANCE: 4-5KM

INTERMEDIATE

SESSION 1: LONG RUN

2KM SLOW JOG

4KM GOAL RACE PACE

2KM SLOW JOG

RPE: 5-6

DISTANCE: 8KM

SESSION 2: INTERVAL SESSION

500M FAST 500M SLOW JOG

X 5

RPE: 7-8

DISTANCE: 5KM

SESSION 3: RECOVERY RUN

35 MIN SLOW JOG

RPE: 2-3

DISTANCE: 5-6KM

TOP TIP: GRAB A FRIEND FOR YOUR RECOVERY RUNS SO YOU CAN RUN AT A TALKING PACE. PLUS RUNNING WITH A FRIEND IS WAY MORE FUN! YOU MIGHT EVEN LIKE TO REMIND THEM TO SIGN UP FOR R4G!

JOIN US AT PROFEET NEWTOWN 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 5

4 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN

40 MIN CONTINUOUS SLOW JOG

RPE: 4-6

DISTANCE: 6-7KM

SESSION 2: INTERVAL SESSION

200M, 400M, 600M EFFORTS THEN

600M, 400M, 200M EFFORTS

2 MIN REST INBETWEEN REPS

RPE: 7-8

DISTANCE: 2.4KM

SESSION 3: RECOVERY RUN

30 MIN CONTINUOUS SLOW JOG

RPE: 2-3

DISTANCE: 4-6KM

INTERMEDIATE

SESSION 1: LONG RUN

10KM CONTINUOUS RUN

RPE: 5-6

DISTANCE: 8KM

SESSION 2: INTERVAL SESSION

600M, 800M, 1KM EFFORTS THEN

1KM, 800M, 600M EFFORTS

3MIN REST INBETWEEN REPS

RPE: 7-8

DISTANCE: 4.8KM

SESSION 3: RECOVERY RUN

40MIN SLOW JOG

RPE: 2-3

DISTANCE: 7-8KM

TOP TIP: HEAD TO DEAKIN UNIVERSITY, WAURN PONDS FOR YOUR INTERVAL SESSIONS. THE TRACK IS A SOFTER SURFACE WHICH YOUR KNEES WILL LOVE!

JOIN US AT PROFEET NEWTOWN, 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 6

3 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN

50 MIN CONTINUOUS SLOW JOG

RPE: 4-6

DISTANCE: 8-9 KM

SESSION 2: INTERVAL SESSION

HILL SPRINTS - FAST UP FOR 200M,
SLOW JOG BACK 1 MIN X 12

RPE: 7-8

DISTANCE: 3-4KM

SESSION 3: RECOVERY RUN

40 MIN CONTINUOUS SLOW JOG

RPE: 2-3

DISTANCE: 6-7KM

INTERMEDIATE

SESSION 1: LONG RUN

2KM SLOW JOG

6KM RACE PACE

3KM SLOW

RPE: 5-6

DISTANCE: 11KM

SESSION 2: INTERVAL SESSION

500M / 2MIN HILL EFFORTS

HARD UP FOR 500M JOG BACK X 5

RPE: 7-8

DISTANCE: 5KM

SESSION 3: RECOVERY RUN

9KM SLOW JOG

RPE: 3-4

TOP TIP: THERE IS A SNEAKY HILL ALONG THE R4G COURSE! THESE HILL REPS WILL PREPARE YOU PERFECTLY FOR RACE DAY!

JOIN US AT PROFEET NEWTOWN 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 7

2 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN WITH EACH INTERVAL SESSION

FIRST TIMER

SESSION 1: LONG RUN

30 MIN CONTINUOUS SLOW JOG

RPE: 4-6

DISTANCE: 4-6KM

SESSION 2: INTERVAL SESSION

1KM HARD 1KM EASY FOR 8KM

ALT 5MIN ON / 5MIN EASY

RPE: 7-8

SESSION 3: RECOVERY RUN

20 MIN CONTINUOUS SLOW JOG

RPE: 2-3

DISTANCE: 5-6KM

INTERMEDIATE

SESSION 1: LONG RUN

8KM CONTINUOUS SLOW JOG

RPE: 4-6

SESSION 2: INTERVAL SESSION

6 X 90 SECS HARD 60 SEC SLOW JOG

10 X 30 SEC HARD 30 SEC SLOW JOG

RPE: 7-8

DISTANCE: 5-6KM

SESSION 3: RECOVERY RUN

6KM CONTINUOUS SLOW JOG

RPE: 2-3

TOP TIP: THIS IS YOUR LAST BIG WEEK BEFORE TAPER. PUSH YOURSELF AND CELEBRATE HOW FAR YOU'VE COME!

JOIN US AT PROFEET NEWTOWN, 8AM SUNDAY MORNING FOR 25-30MIN JOG

WEEK 8

7 DAYS TO GO

FIRST TIMER

SESSION 1: LONG RUN
40 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 6-7KM

SESSION 2: RECOVERY RUN
25 MIN CONTINUOUS SLOW
JOG
RPE: 2-3
DISTANCE: 3-4KM

INTERMEDIATE

SESSION 1: LONG RUN
40 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 7-8KM

SESSION 2: RECOVERY RUN
30 MIN CONTINUOUS SLOW
JOG
RPE: 2-3
DISTANCE: 5-6KM

TOP TIP: TAPER WEEK! REMEMBER YOU WANT TO LET YOUR BODY RECOVER BEFORE RACE DAY! NO HARD SESSIONS THIS WEEK. DRINK LOTS OF WATER, EAT THOSE CARBS AND GOOD LUCK!

JOIN US AT PROFEET NEWTOWN 8AM SUNDAY MORNING FOR 25-30MIN JOG



2022 RUN 4 GEELONG
A RACE FOR BETTER HEALTH

FINISH

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PLEASE CONTACT ALLY@PROFEETFOOTWEAR.COM.AU WITH
ANY QUESTIONS. HAPPY TO HELP!