

7 SUNSHINE COAST 10KM
10-WEEK TRAINING GUIDE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 JUNE 12	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 60mins
2 JUNE 19	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 45mins Incl 8 x 30sec efforts above race pace	Rest	Total 30mins Incl 4 x 2min efforts at 10km/race pace	Easy 70mins
3 JUNE 26	X-Train 45-60mins	Easy 50mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 80mins Race pace last 10mins <i>Practice race day outfit</i>
4 JULY 3	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins Incl 6 x 60sec hills	Rest	Total 45mins Incl 5 x 2min efforts at 10km/race pace	Easy 60mins Race pace last 10mins
5 JULY 10	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 90mins or 5km, 10km, 14km race <i>Practice nutrition/hydration</i>
6 JULY 17	Rest (if raced Sunday) X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 4 x 30sec + 4 x 60sec race pace efforts	Rest	Easy 30mins	Total 60mins Race pace last 15mins
7 JULY 24	X-Train 45-60mins	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 90mins Race pace last 20mins <i>Test race day everything</i>
8 JULY 31	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 6 x 90sec race pace efforts	Rest	Total 30mins Incl 10mins tempo at 10km/race pace	Easy 60mins
9 AUG 7	Rest	Flat 60mins Free Tuesday Training Alex Surf Club	Rest	Total 45mins Incl 5 x 60sec above race pace efforts	Rest	Total 45mins Incl 15mins tempo at 10km/race pace	Easy 30mins
10 AUG 14	Rest	Easy 40mins Free Tuesday Training Alex Surf Club	Rest	Total 30mins Incl 4 x 30sec above race pace efforts	Rest	Easy 10-15mins	<i>Race Day</i>