

**10 km TRAINING PROGRAMME
TIMES CAN BE ADDED TO ALSO PREPARE
FOR QUARTER MARATHON**

Week One

Monday	Rest
Tuesday	10 minute run
Wednesday	Cross train
Thursday	10 minute run
Friday	Rest
Saturday	15 minute run
Sunday	25 minute run

Week Two

Monday	Rest
Tuesday	15 minute run
Wednesday	Cross train
Thursday	15 minute run
Friday	Rest
Saturday	20 minute run
Sunday	30 minute run

Week Three

Monday	Rest
Tuesday	20 minute run
Wednesday	Cross train
Thursday	20 minute run
Friday	Rest
Saturday	25 minute run
Sunday	30 minute run

Week Four

Monday	Rest
Tuesday	20 minute run
Wednesday	Cross train
Thursday	25 minute run
Friday	Rest
Saturday	30 minute run
Sunday	35 minute run

Week Five

Monday	Rest
Tuesday	35 minute run
Wednesday	Cross train
Thursday	25 minute run
Friday	Rest
Saturday	30 minute run
Sunday	45 minute run

Week Six

Monday	Rest
Tuesday	20 minute run
Wednesday	Cross train
Thursday	Rest *
Friday	Rest *
Saturday	Rest *
Sunday	10km Event

*** Rest on these days until the 10km event
Cross train - bike, swim, walk or gym work**

ADVICE FOR 5km WALK EVENT

- Walk for at least 30 minute 3 times a week , 4 would be preferable.
- Wear good shoes that fit comfortably.
- Walk briskly while out not just strolling along.
- Stay well hydrated and eat plenty of carbohydrates.
- Take a rest from training for two days prior to the event.

Training and Advice by Dave Stinson

Caversham Harriers and Athletic Club

**10km RUN AND 5km WALK
TRAINING SCHEDULES**



Middleton Road Corstorphine Dunedin

Website

www.cavershamharriers.co.nz

E-Mail

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Kindly provide to you by the
CAVERSHAM HARRIER CLUB COACH

DAVE STINSON

If you have any questions regarding this schedule

Contact Dave Stinson

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