



Absa RUN YOUR CITY JOBURG 10K

Training Plan: Sub 60 minute 10 km

So, you run recreationally, perhaps a couple times a week and dabble in the occasional park run or 10 km race...But! You may have never run 10 km in under 60 minutes! The Absa RUN YOUR CITY JOBURG 10K is the perfect event to unleash your inner speed and come across the line in under 60 minutes. Fast, flat and beautiful route – it is designed for speed.

This is your 8 week programme to help get you from the start to finish line in under 60 minutes. It assumes that you have been running occasionally (e.g., 1-3 times per week), that you have recently completed an \pm 7-8 km run and that you are healthy, without any orthopaedic injury concerns.

Please take note of the key below explaining the abbreviations used in the programme, as well as the 'RPE' or Rating of perceived exertion scale for guiding the intensity of your training sessions. All the best in your preparations!

Key

WU: Warm Up
Main: Main set
CD: Cool Down
RPE: Rate of Perceived Exertion
EASY: Easy / aerobic short run
SPD: Speed session
TEMPO: Tempo run / efforts
LSD: Long slow distance run

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1 1-7 August	EASY: 30 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 1 min hard (RPE 7); 2 min easy (RPE 3) CD: 2km easy (RPE 3)	REST	EASY: 35 minutes easy (RPE 3)	REST	LSD: 6 km moderate (RPE 4) on a flat route	REST
Week 2 8-14 August	EASY: 35 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 8 sets: 1 min hard (RPE 7); 2 min easy (RPE 3) CD: 2km easy (RPE 3)	REST	TEMPO: WU: 1km easy (RPE 3) Main: 2 sets: 10 min tempo (RPE 5-6) 5 min easy (RPE 2) CD: 1km easy (RPE 3)	REST	LSD: 7 km moderate (RPE 4-5) on a lightly undulating route	REST
Week 3 15-21 August	EASY: 35 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 2 min hard (RPE 7); 2 min easy (RPE 3) CD: 2km easy (RPE 3)	REST	TEMPO: WU: 1km easy (RPE 3) Main: 2 sets: 15 min tempo (RPE 5-6) 5 min easy (RPE 2) CD: 1km easy (RPE 3)	REST	LSD: 8 km moderate (RPE 4) on a flat route	REST

Week 4 22-28 August	EASY: 40 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 8 sets: 2 min hard (RPE 7); 2 min easy (RPE 3) CD: 1km easy (RPE 3)	REST	TEMPO: WU: 1km easy (RPE 3) Main: 2 sets: 20 min tempo (RPE 5-6) 5 min easy (RPE 2) CD: 1km easy (RPE 3)	REST	LSD: 10 km moderate (RPE 4) on a lightly undulating route	REST
Week 5 29 August – 4 September	EASY: 30 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 2 min hard (RPE 7); 1 min easy (RPE 3) CD: 1km easy (RPE 3)	REST	TEMPO: WU: 1km easy (RPE 3); Main: 30 minute tempo run (RPE 5-6) CD: 1km easy (RPE 3)	REST	LSD: 12 km moderate (RPE 4) on a mostly flat route	REST
Week 6 5-11 September	EASY: 40 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 3 min hard (RPE 7); 90 sec easy (RPE 3) CD: 1km easy (RPE 3)	REST	EASY: 35 minutes easy (RPE 3)	REST	SPD: WU: 2km easy RPE 3) Main: 5km time trial (RPE 8) CD: 2km easy (RPE 3)	REST
Week 7 12-18 September	EASY: 35 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 3 min hard (RPE 7); 1 min easy (RPE 3) CD: 1km easy (RPE 3)	REST	TEMPO: WU: 1km easy (RPE 3); Main: 3 sets: 10 minute tempo (RPE 6) 5 minute easy RPE 3) CD: 1km easy (RPE 3)	REST	LSD: 10 km moderate (RPE 4) on a lightly undulating route	REST

Week 8 19-25 September	EASY: 40 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 1 min hard (RPE 7); 2 min easy (RPE 3) CD: 1km easy (RPE 3)	REST	EASY: 35 minutes easy (RPE 3)	REST	Absa RUN YOUR CITY JOBURG 10K RACE DAY	REST
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