

10K EXTENDED TRAINING PROGRAM



MELBOURNE
MARATHON
FESTIVAL

ABOUT THE PROGRAM

This program has been built to keep you motivated to continue to move forward. With race day being pushed back, it is important that we periodize your training to allow you to reach peak fitness when the time is right. By pulling back the intensity and shifting our focus to building a stronger endurance base, you will ideally get to that start line in December and be ready to give it your all.

Keep your eyes on the prize and continue ticking off the NRC runs and NTC workouts! As your coach, I'm here with you every step of the way.

Coach Lydia



WEEKLY WORKOUTS

This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line. You can take advantage of Audio Guided Runs for each Speed and Recovery run and most Long Runs within the plan.

SPEED RUNS

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster. You'll get to do short and long intervals, fartlek, hill workouts and tempo runs. (See Types of Runs in the Glossary for definitions of these).

LONG RUNS

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance and pacing with weekly Long Runs. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run at a comfortable pace, and as a Progression Run (See Types of Runs in the Glossary for definition of Progression Run).

RECOVERY RUNS

Recovering from your workout days is just as important as the workouts themselves. Use these days to run easy and based on how you feel to help you recover at the highest quality possible after intense training. Each week of training includes two recovery runs. These include runs with Shalane Flanagan and Eliud Kipchoge. Recovery Runs are just as important as your hard workouts.

REST DAYS

Great running is dependent on great rest and recovery. These days are meant for you to recharge and recover. Either take the day off, try one of the workouts from "Simple Routines For Better Runs" in the NTC App or go for a few easy miles or kilometers. It is essential that you talk to and listen to your body as you progress through the training program. Sometimes you will need to adjust the program to fit what you need. And yes, that means that sometimes the best speed run or long run will be no run.



HOW TO USE THE PACE CHART

Throughout the plan, you will see and hear references to different paces and efforts you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace and effort targets. Knowing your pace and effort targets will make your training easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

You will have ample guidance regarding the proper pace and effort needed in every audio guided run. The coaches and athletes are there to guide, motivate and inspire you to be the best athlete and coach you can be.

The chart on page 8 will help you understand which pace you should aim to run during each session.

FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you. You can base your pace on any of the following:

- You could use a recent 5K, 10K, half marathon or marathon time, if you have run one. By “recent” we mean in the last month or two.
- You could use the Nike Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.
- If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets you will need on the Pace Chart.



PACE CHART

mile best	5k best/avg km pace	10k best/avg km pace	tempo avg km pace	half marathon best/avg km pace	marathon best/avg km pace	recovery day pace
5:00	17:05/3:25	35:45/3:35	3:45	1:18:00/3:43	2:44:00/ 3:53	4:20
5:30	18:45/3:43	39:00/3:54	4:00	1:25:00/4:02	3:0:00/4:14	4:40
6:00	20:15/4:03	42:00/4:12	4:20	1:35:00/4:30	3:15:00/4:25	5:05
6:30	22:00/4:04	45:45/4:35	4:45	1:40:00/4:42	3:30:00/4:58	5:30
7:00	23:45/4:45	49:00/4:54	5:05	1:50:00/5:10	3:45:00/5:20	5:50
7:30	25:15/5:03	52:30/5:15	5:30	1:55:00/5:26	4:00:00/5:41	6:10
8:00	27:00/5:24	55:50/5:35	5:50	2:05:00/5:54	4:15:00/6:03	6:10
8:30	28:30/5:42	59:00/5:54	6:10	2:10:00/6:09	4:30:00/6:22	6:50
9:00	30:00/6:00	62:30/6:15	6:30	2:20:00/6:37	4:45:00/6:43	7:10
9:30	31:45/6:21	66:00/6:36	6:50	2:25:00/6:53	5:00:00/7:05	7:35
10:00	33:00/6:40	69:00/6:54	7:10	2:35:00/7:18	5:15:00/7:27	7:55
10:30	35:00/7:00	72:00/7:12	7:30	2:40:00/7:33	5:30:00/7:49	8:15
11:00	36:15/7:15	75:00/7:30	7:50	2:50:00/8:00	5:40:00/8:04	8:30
11:30	38:00/7:36	78:30/7:51	8:10	2:55:00/8:13	5:50:00/8:17	8:45
12:00	39:30/7:54	81:30/8:09	8:30	3:05:00/8:45	6:00:00/8:32	9:00



NRC GUIDED RUN

10K EXTENDED TRAINING PROGRAM



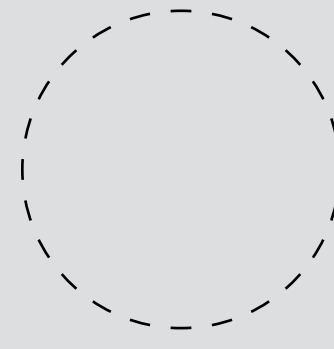
TAP TO START
WORKOUT

TAP TO CHECK OFF YOUR
WORKOUT WITH AN EMOJI!

RECOVERY RUN

Need A Teammate Run

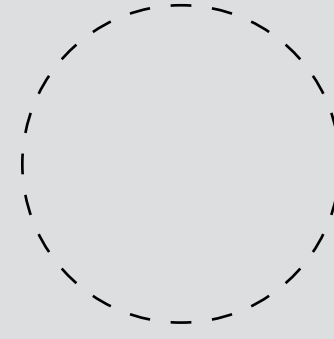
20:00 AGR



SPEED RUN

Ten Minute Tempo Run

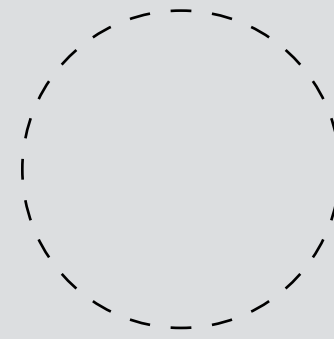
16:00 AGR



RECOVERY RUN

Easy Run

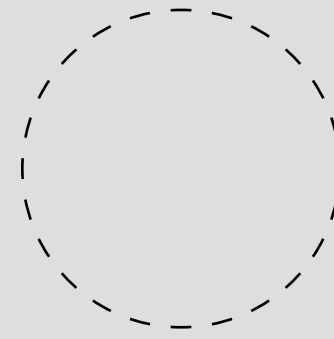
25:00 AGR



LONG RUN

First Long Run

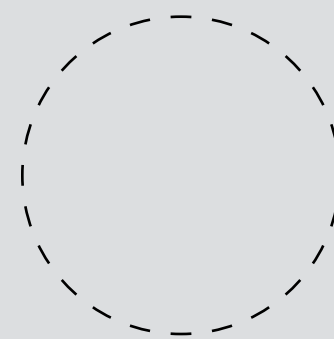
35:00 AGR



NTC WORKOUT

Yoga Ready

18:00 Yoga



WEEK 1
SEP 13TH - SEP 19TH

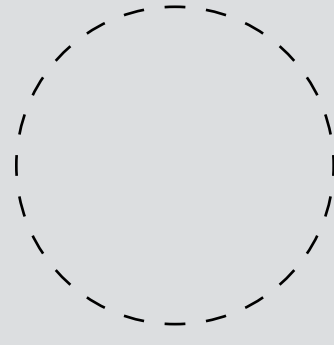


WEEK 2
SEP 20TH - SEP 26TH

RECOVERY RUN

End of Day Run with Headspace

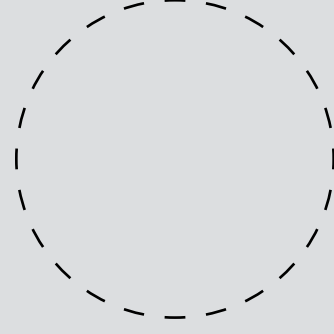
25:00 AGR



SPEED RUN

One Hard. One Easy.

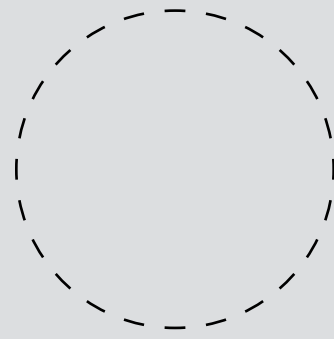
22:00 Fartlek AGR



RECOVERY RUN

Best Advice Every Run

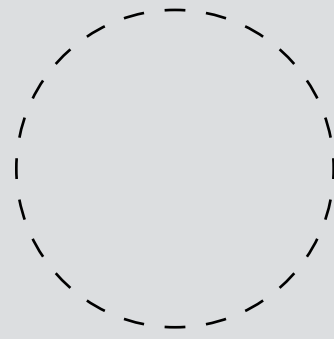
25:00 AGR



LONG RUN

Next Long Run

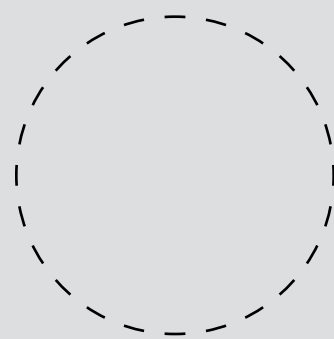
42:00 AGR



NTC WORKOUT

Drill Essentials

15:00 Strength

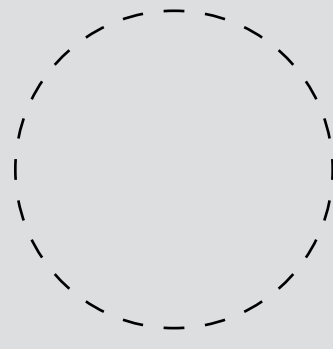


WEEK 3 SEP 27TH - OCT 3RD

RECOVERY RUN

Run with Manal

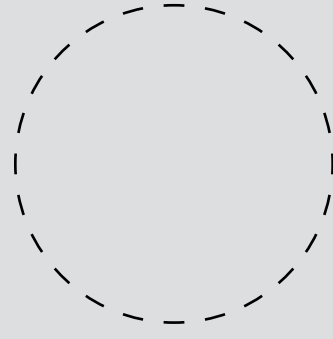
25:00 AGR



SPEED RUN

Giannis On the Go

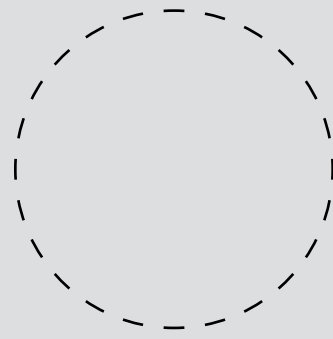
25:00 AGR



RECOVERY RUN

A New Run

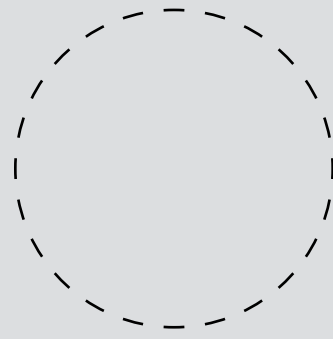
25:00 AGR



LONG RUN

A Whole Run

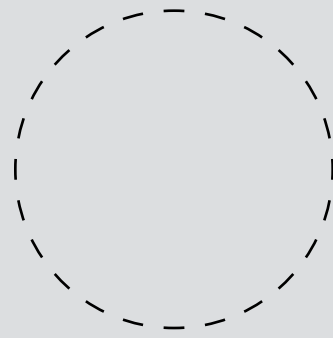
45:00 AGR



NTC WORKOUT

Open Rotation

15:00 Mobility

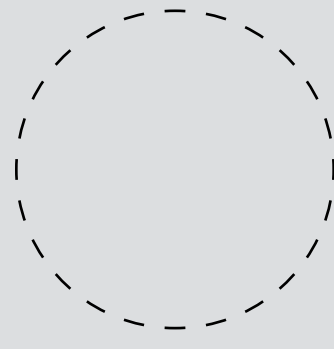


WEEK 4 OCT 4TH - OCT 10TH

RECOVERY RUN

Next Run

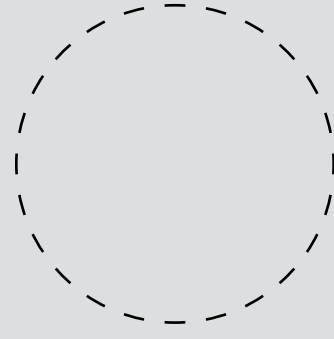
22:00 AGR



SPEED RUN

Two Hard. One Easy.

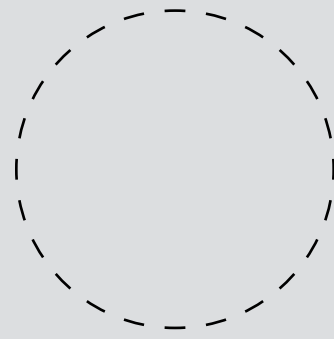
28:00 Fartlek AGR



RECOVERY RUN

Big Day Run

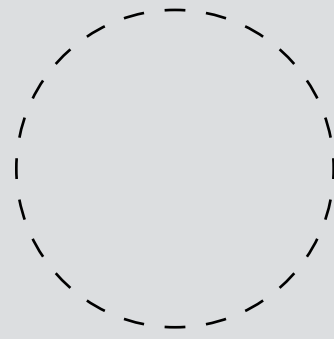
25:00 AGR



LONG RUN

**Nike Melb Mara Virtual 10km
(RUN/WALK)**

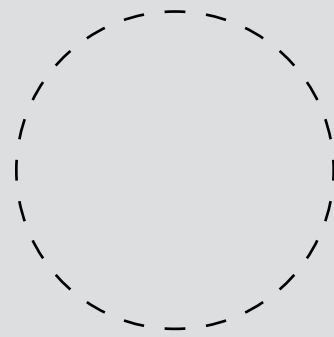
10km AGR



NTC WORKOUT

Glute and Hip Strength

20:00 Strength

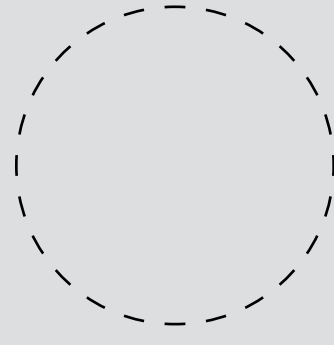


WEEK 5
OCT 11TH - OCT 17TH

RECOVERY RUN

Stress Free Run

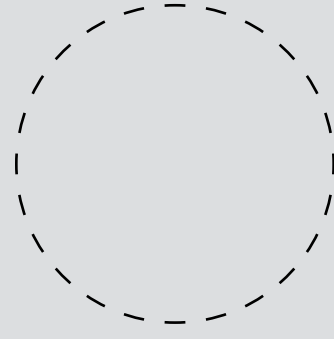
30:00 AGR



SPEED RUN

Out Strong. Back Fast.

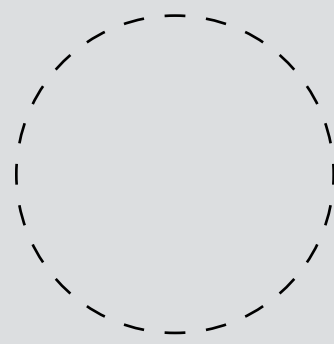
30:00 Tempo AGR



RECOVERY RUN

Today's 30 Minute Run

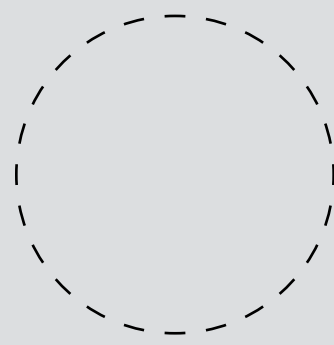
30:00 AGR



LONG RUN

Running Towards your Goal

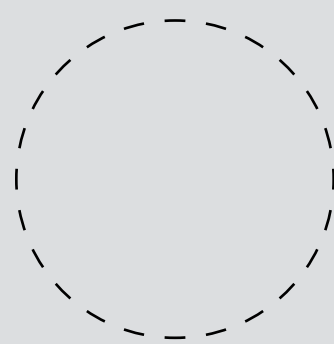
40:00 AGR



NTC WORKOUT

Steady Flow Yoga

23:00 Yoga

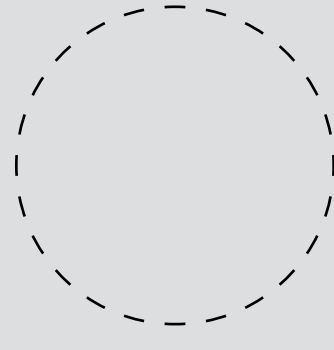


WEEK 6
OCT 18TH - OCT 24TH

RECOVERY RUN

Run with Headspace

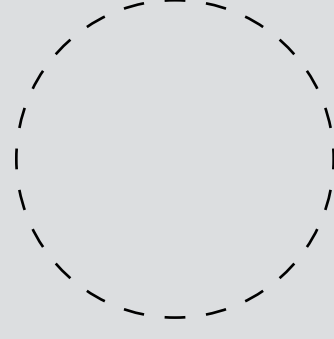
30:00 AGR



SPEED RUN

Sneaky Speed

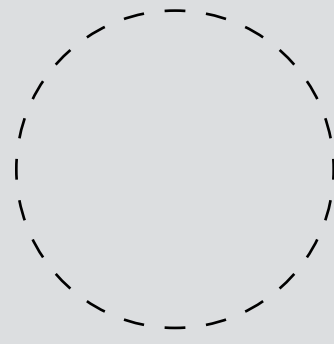
30:00 AGR



RECOVERY RUN

I Need A Win Run

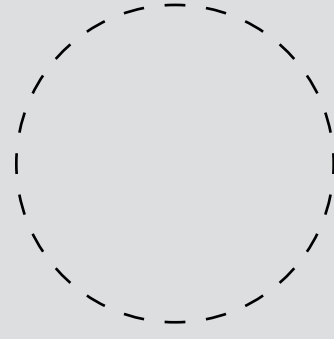
30:00 AGR



LONG RUN

Run with Shalane

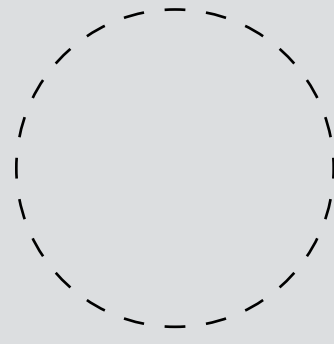
45:00 AGR



NTC WORKOUT

Runner Stability

20:00 Strength

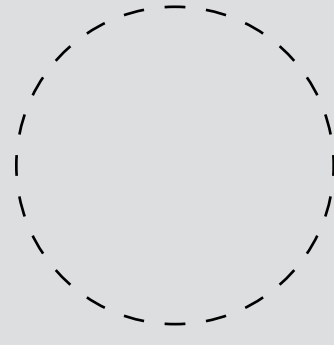


WEEK 7
OCT 25TH - OCT 31ST

RECOVERY RUN

Running on Empty with Headspace

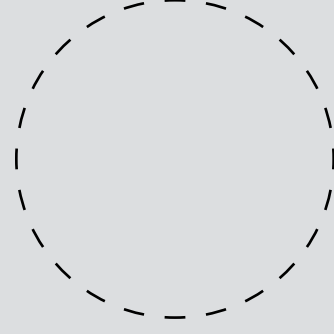
32:00 AGR



SPEED RUN

5K Tempo Run

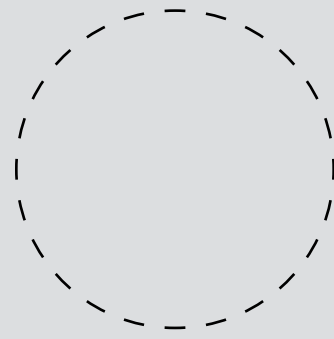
8K Tempo AGR



RECOVERY RUN

Recovery Run with Headspace

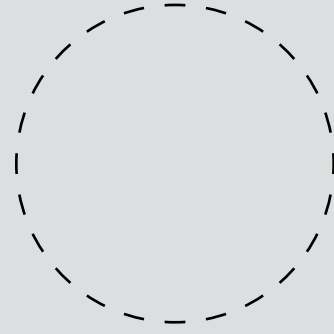
35:00 AGR



LONG RUN

Mindful Miles

50:00 AGR



NTC WORKOUT

Watch Your Tone

15:00 Mobility

