



10K Clinic - Block 4

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	30-Oct		GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - 5k with Stride Outs		8km GR Clinic - Walk Hills	
WEEK 2	6-Nov	<i>Optional GR Flush Run 6km</i>	GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - 5k with Stride Outs		10km GR Clinic - Walk Hills	
WEEK 3	13-Nov	<i>Optional GR Flush Run 6km</i>	GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed (take speed easy)	<i>Optional GR Run & Stretch</i>	10km GR Clinic - Walk Hills (or/ QT 10km)	
WEEK 4	20-Nov		GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed (take speed easy)	<i>Optional GR Run & Stretch</i>	6km GR Clinic - Recovery Session	
WEEK 5	27-Nov	<i>Optional GR Flush Run 6km</i>	GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed (take speed easy)	<i>Optional GR Run & Stretch</i>	10km GR Clinic - Non-stop	
WEEK 6	4-Dec	<i>Optional GR Flush Run 6km</i>	GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed (take speed easy)	<i>Optional GR Run & Stretch</i>	10km GR Clinic - Non-stop	
WEEK 7	11-Dec	<i>Optional GR Flush Run 6km</i>	GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed (take speed easy)	<i>Optional GR Run & Stretch</i>	12km GR Clinic - Non-stop	
WEEK 8	18-Dec	<i>Optional GR Flush Run 6km</i>	GR Group - 6 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed (take speed easy)	<i>Optional GR Run & Stretch</i>	Last GR Session - Xmas Run	
WEEK 9	25-Dec	GetRunning Closed						
WEEK 10	1-Jan	GetRunning Closed						
WEEK 11	8-Jan	<i>Optional GR Flush Run 6km</i>	GR Group - 8 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed	<i>Optional GR Run & Stretch</i>	8km GR	
WEEK 12	15-Jan	<i>Optional GR Flush Run 6km</i>	GR Group - 8 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed	<i>Optional GR Run & Stretch</i>	10km GR Clinic	
WEEK 13	22-Jan	<i>Optional GR Flush Run 6km</i>	GR Group - 8 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed	<i>Optional GR Run & Stretch</i>	12km GR Clinic	
WEEK 14	29-Jan	<i>Optional GR Flush Run 6km</i>	GR Group - 8 km	<i>Optional GR Circuit</i>	GR Group - Drills and Speed	<i>Optional GR Run & Stretch</i>	12km GR Clinic	

NOTES

With this program we are working on a run strategy to get you up to the stage where you can run a 10km non-stop comfortably. With 2 runs we recommend that you run them at a "comfortable" level, while the 3rd session (Drills and Speed) will start building the next level of running, plus now a 4th session of recovery. On a scale of 1 to 10 (with 10 being flat out sprinting) - you should feel at around a 5-6 level with the 3rd run around 6-7. Your heart rate goal is to average 145bpm and 155-165bpm for the 3rd run.