Terminology

5K: 1X (1 round of segment) 2X (2 rounds of segment)

Percentage Effort on is on a scale 1-100% so give the effort you feel is between those ranges.

Cross training is anything other than running and can include things like: cycling, swimming, strength training, resistance training, active stretching, stability and mobility work.

Cool Down can be 5-10 minutes of extra light jogging or walking and don’t forget to stretch!!

10k race pace- your chosen pre-determined race pace

10K: Intervals: 1X (1 time) 2X (2 times) 3X (3 times) 4X (4 times)

(R) Recovery jog in-between each interval

* Recovery distances in-between each individual interval

Interval distances:

1200m is ¾ mile (0.75)

800m is ½ mile (0.5)

400m is ¼ mile (0.25)

Definitions:

Intervals: This is a short to moderate bursts of exercise at maximum ability with recovery in-between. (Aim for a level **8 out of 10** efforts) You want to be very warmed up before you push hard, so be sure to include some warm up drills after your warm up jog.

Tempo: This is a continuous run that requires sustained effort, you will be pushing your body and getting your heart rate up pushing yourself faster than your regular pace, however it is for a shorter duration.