

# TRAINING PLAN

## 14KM INTERMEDIATE

TEAM SDCH  
SYDNEY  &  HOME

|            | MONDAY  | TUESDAY  | WEDNESDAY                 | THURSDAY  | FRIDAY | SATURDAY   | SUNDAY   |
|------------|---|--|---------------------------|---|--------|--|--|
| WEEK 1 & 2 | 30 min easy pace jog  | 10 min w/up jog - 6 x 2 min efforts with 2 min recovery interval between each effort - 10 min c/down jog (continuous progressive run)            | REST                      | 30 min very easy pace jog   | REST   | 12 min easy pace - 6 min steady pace - 12 min easy pace (continuous progressive run)                         | 40 min easy pace   |
| WEEK 3 & 4 | 30 min run picking up the pace slightly for the last 5 min                | 10 min w/up jog - 2 x 2 min efforts, 2 x 2 min efforts (equal recovery times after each effort) - 10 min c/down jog (continuous progressive run) | REST                      | 10 min w/up jog - find a hill 100m to 150m long and run with steady effort up (walk/jog back down) repeat 8 to 10 times - 10 min c/down jog | REST   | *Week 3 - 10 min w/up jog - 4km time trial (race pace) - 10 min c/down jog<br><br>*Week 4 - 30 min easy pace | 50 min easy pace run                                       |
| WEEK 5&6   | 20 min easy pace - 20 min steady pace (40 min continuous progressive run) | 10 min w/up jog - 4 x 3 min steady efforts with 3 min jog/walk recovery between each - 10 min c/down jog   | 30 - 40 min easy pace run | 10 min w/up jog - 6 x 90 sec efforts with 90 sec jog recovery - 10 min c/down jog   | REST   | 30 min steady pace run   | 55 min easy pace run                                       |
| WEEK 7&8   | 40 min easy pace run  | 10 min w/up jog - 6 x 3 min efforts with 3 min jog recovery between each - 10 min c/down jog   | 30 - 40 min easy pace run | 10 min w/up jog - 6 x 60 sec efforts with 60 sec jog recovery between each - 10 min c/down jog  | REST   | *Week 7 - 30 min easy pace run<br><br>*Week 8 - REST   | *Week 7 - 60 min easy pace run.<br><br>*Week 8 - RACE DAY! |

### TRAINING PLAN TERMS EXPLAINED

**w/up:** Warm Up, should always be a very easy pace and you should be able to easily hold a conversation.

**c/down:** Cool Down, should always be a very easy pace and you should be able to easily hold a conversation.

**Easy Runs:** Faster than your warm up or cool down pace at approximately 60% - 70% effort, you should still be able to have a conversation.

**Steady Pace:** Breathing becomes more difficult and you'd no longer be able to hold a conversation, approximately 70 - 80% effort.

**On/Off efforts:** On/off efforts are when you run a solid, hard pace approximately 80 - 90% effort (On) for a set period time, this is then followed by an easy pace jog or walk which is a recovery period (Off) for the same duration.

**Continuous Progressive Runs:** These are continuous runs but the pace will change for a set period of time through the duration of the run.