

RAPAKI RUMBLE 10KM TRAINING PLAN

Week	Plan for Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Complete all running at a steady pace - if you can't talk while running you are running too fast!	Rest	Run 12 minutes Walk 2 minutes Run 10 minutes Flat Run		Run 14 minutes Walk 2 minutes Run 11 minutes Flat Run	Rest	Cross Train - Walk, Swim or Cycle	Run 15 minutes Walk 2 minutes Run 12 minutes Flat Run
2	Assess how hard the last week was - how did you feel? Are you ready for more?	Rest	Run 20 minutes Walk 2 minutes Run 5 minutes Flat Run		Run 20 minutes Walk 2 minutes Run 5 minutes Flat Run	Rest	Cross Train - Walk, Swim or Cycle	Run 30 - 35 min on undulating hills If needed walk the ups & run the flats
3	Enjoy the feeling of consistent running	Rest	Run 25 minutes Flat Run	Rest	Run 25 -30minutes Flat Run	Rest	Cross Train - Walk, Swim or Cycle	Run 35 - 40 min on undulating hills If needed walk the ups & run the flats
4	Just two flat runs this week - take it easy allow your body to recover from the 3 weeks of running.	Rest	Run 25 minutes Flat Run	Rest	Run 25 -30minutes Flat Run	Rest	Cross Train - Walk, Swim or Cycle	Rest
5	Back into it this week - lets hit the hills and start to run or power walk the ups!!	Rest	Run 30 - 35 min on undulating hills **Start to run the ups** & run the flats	Rest	Run 25 minutes Flat Run	Rest	Cross Train - Walk, Swim or Cycle	Run 40 - 45 min hill run. Make the first part of the run a 3km up hill (if required walk it)
6	Another double hill week!!	Rest	Run 30 min on undulating hills Power walk the ups & run the flats	Rest	Run 25 minutes Flat Run	Rest	Cross Train - Walk, Swim or Cycle	Run 50 - 55 min on undulating hills **Run the ups ** & run the flats
7	Starting to prepare for race week - start grabbing some extra sleep.	Rest	Run 30 minutes Flat Run	Rest	Run 40 - 45 min on undulating hills **Run the ups ** & run the flats	Rest	Cross Train - Walk, Swim or Cycle	Run 20 min on undulating hills
8	Rest and take it easy sleep early and get prepared for race day	Rest	Run 25 minutes Flat Run	Rest	Run 20 minutes Flat Run Really steady pace	Rest	Registration Day- Hansen Park - 1pm to 5pm	10km Rapaki Rumble