



SYDNEY HARBOUR 10&5K

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2023

ADVANCED

TRAINING PROGRAM

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Advanced Program Overview

This 10-week training program is suitable for those who have recently completed a 10k race or longer and can run for 60 minutes non-stop. It has been designed by dual Olympian and previous Australian 10k record holder (27:24.95), Ben St Lawrence, who is also a co-founder and coach of [RunCrew](#), one of Australia's top running and coaching groups. For a more personalised program, contact info@runcrew.com.au

This program will help participants:

- ✔ Improve cardiovascular fitness and stamina
- ✔ Get into a good running routine
- ✔ Train for a maximum of 6 days a week for 10 weeks
- ✔ Benefit from tempo, interval, Fartlek and hill training techniques

Before you start

Have a health check

If you have any health concerns, it might be a good idea to check with your GP or physiotherapist to ensure you're able to begin this training program.

Listen to your body, and if you're unwell or have any acute pain, give yourself a day off. It's better to be cautious than to obtain an injury.

Personalise and persist

Each program is provided as a guide only. If you can't yet run the recommended sessions, feel free to have extra recovery time. As your fitness improves, aim to get down to the recoveries that are recommended. If you can't get through the first 2 weeks of this program, it is recommended you drop back to either the Intermediate or Beginner's Program for the remaining 8 weeks. The most important aspect of training is consistency, so do your best to get through the suggested training for the full 10 weeks and you will be rewarded!

Progressive adaptation

This program increases in difficulty to allow for improvements in your fitness and running ability. The hard training days are interspersed with plenty of recovery days to allow your body to adapt and recover. Your final week of training will

be quite easy so you'll be fresh and ready to race on the big day. This reduction in exercise before a race is called tapering.

Stay connected

Be sure you follow the official [Real Insurance Sydney Harbour 10k & 5k Facebook](#) for helpful tips and videos to help keep you motivated and inspired.

Rest and recover

On rest days, don't feel you need to spend the day on the couch. Active recovery days are fine – go for a walk or do some low impact exercise such as swimming or cycling if you feel up to it.

Seek support

If you need more encouragement or support and think you would benefit from training in a group environment, consider joining a group such as [RunCrew](#). All sessions are led by expert coaches and cater to runners of all abilities. RunCrew offer personalised online programming if you're not Sydney based.

FREE TRAINING

All Real Insurance Sydney Harbour 10k & 5k entrants will receive their first RunCrew training session free. To register, contact info@runcrew.com.au



Advanced Types of Training

Below is an explanation of the different types of training you'll be doing over the next 10 weeks.

Warm-up and cool-down

Before all of your more difficult sessions, and particularly your interval/fartlek sessions, you should complete an intensive warm up. This should include at least a 10-minute jog as well as some dynamic warm-up exercises such as side-to-side leg swings, forward leg swings, leg-lifts, and 3-4 x 15-second run-throughs progressing up to the pace at which you plan to complete your session. For the recovery runs, medium long runs and long runs, a walk and some dynamic warm-up exercises followed by a slower pace for the first 5-10 minutes will suffice.

A cool-down should involve at least 10 minutes of slow jogging to allow your body a more gradual return to a resting stage. This is particularly important if you are going to be sitting in a car or at your desk after your training session.

Long Run (General Aerobic)

Your longest run of the week will start at 70 minutes and reach a maximum of 90 minutes. This doesn't need to be fast, just aim to get through the distance. Aim to run the whole way, even if this means slowing these runs down to a slow jog. This is better than running too fast at the start and then walking. If you are feeling good in the final quarter of the run, you can get rolling – just don't push too hard. Save the faster running for your interval, fartlek and tempo sessions. The medium long run is similar; however, it will only reach a maximum of 60 minutes.

Strides

These are short, fast run-throughs of 15 seconds to be done after your medium long run on Thursdays. They are fast, but only short – aim to run with good form. They can be done using a slight incline to increase the benefit. Recovery is a very slow jog or walk back to the start.

Interval and Fartlek Sessions

These will be your fastest running sessions each week, and some discomfort is to be expected; however, you will also get regular rest periods. This faster running will complement your other sessions well. Aim to run the intervals at an even pace, with the final repetition at a similar pace to your first rather than going too fast early on and slowing significantly. As the program progresses, you will complete more intervals and the recovery will reduce allowing for improvements in fitness and running ability. The rest periods of an interval session are 'standing rest' meaning you don't need to keep jogging.

Fartlek sessions are similar to interval sessions; however, the recovery during these sessions is a jog rather than standing still. This jog can be very slow but is aimed to keep the heart rate up a little before the next fast segment. If you need to walk this recovery, that is ok – just aim for a brisk walk and try to run these recoveries as your fitness improves.

Advanced Types of Training

Tempo Run

This is a longer continuous effort at a solid pace, but not quite as fast as the interval or fartlek sessions. Aim to hit the recommended RPE for these sessions. As the program progresses, the tempo runs become longer and there are some short, fast hills included. The recovery between the hills is an easy jog back down.

These don't need to be too steep, just find a hill with a small incline you can use as part of your session. These are short, so make them fast but aim for an even pace on all.

Recovery Run

Very slow and steady, these should be the slowest runs of the week and shouldn't put too much stress on your body.



TIP: LISTEN TO YOUR BODY, AND IF YOU'RE UNWELL OR HAVE ANY ACUTE PAIN, GIVE YOURSELF A DAY OFF. IT'S BETTER TO BE CAUTIOUS THAN TO OBTAIN AN INJURY.



Advanced Abbreviations & Scales

Rate of Perceived Exertion (RPE)

The RPE scale will help you get the most from your training sessions by helping you measure the intensity of your exercise.

The RPE scale runs from 0-10, depending on the level of difficulty and exertion. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or fast race.

GPS and Heart Rate (HR)

These are great tools if you choose to use them; however, don't become too fixated on pace and HR for now. Aim to get a good feel for each session based on the RPE guides provided.

RPE scale	Running activity	Talk test	% of Max Heart Rate (MHR)
0 Nothing at all			40-45%
0.5 Just noticeable	Comfortable. Very easy run/jog and walking	Very easy, you can easily carry a conversation.	46-50%
1 Very light			
2 Light	General aerobic/recovery run	Very easy, you can converse with almost no effort.	51-55%
3 Moderate			
4 Somewhat heavy			
5 Heavy	Long/medium-long run	Starting to get challenging, conversation requires effort.	61-67%
6	Tempo run/ lactate threshold	Difficult, conversation requires a lot of effort.	68-75%
7 Very heavy			
8			
9	V02 Max/race pace	Very difficult, conversation requires maximum effort.	81-85%
10 Very, very heavy	Race pace/race pace to win		
		Full out effort, no conversation possible.	86-92%
			93-100%



15 MAY

10 WEEKS TO GO

1

Week N°	Day	Session	Distance	RunCrew Comments
1	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Intervals	8k approx. in total	4 x 1k at an RPE of 8 with 2 min. standing recovery. Aim for an even pace for all these reps. 10 min. easy jog warm-up and cool-down.
	Wednesday	Recovery Run	6k approx. in total	Easy recovery run of 30 min. at an RPE of 4-5.
	Thursday	Medium Long Run + Strides	10-11k approx. in total	Steady paced run of 50 min. at an RPE of 5-6, plus 2 x 15 sec fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Efforts	9k approx. in total	10 min continuous effort at an RPE of 6-7. Then 3 min. recovery followed by another 10 min. tempo effort at an RPE of 6-7. These should be hard but controlled, not quite as fast as your intervals from Tuesday. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	14k approx. in total	Steady long run of 70 min. at an RPE of 5-6. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



22 MAY

9 WEEKS TO GO

2

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Fartlek	7k approx. in total	12 min. continuous run made up of 6 x 60 sec. fast efforts at an RPE of 8 with 60 sec. jog recovery in between at an RPE of 5. 10 min. warm-up and cool-down jog.
	Wednesday	Recovery Run	7k approx. in total	Easy recovery run of 35 min. at an RPE of 4-5.
	Thursday	Medium Long Run + Strides	11k approx. in total	Steady paced run of 55 min. at an RPE of 5-6, plus 2 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run	7k approx. in total	20 min. continuous effort at an RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 10 min. easy jog warm-up and cool-down.
	Sunday	Long Run	15k approx. in total	Steady long run of 75 min. at an RPE of 5-6. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



29 MAY

8 WEEKS TO GO

3

Week N°	Day	Session	Distance	RunCrew Comments
3	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Intervals	8k approx. in total	4 x 1k at an RPE of 8 with 90 sec. standing recovery in between. Aim for an even pace for all these reps. 10 min. easy jog warm-up and cool-down.
	Wednesday	Recovery Run		Easy recovery run of 40 min. at an RPE of 4-5.
	Thursday	Medium Long Run + Strides	12k approx. in total	Steady paced run of 60 min. at an RPE of 5-6, plus 3 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run	10-11k approx. in total	15 min. continuous effort at an RPE of 6-7. Then 3 min. recovery followed by another 15 min. tempo effort at an RPE of 6-7. These should be hard but controlled, not quite as fast as your intervals from Tuesday. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	16k approx. in total	Steady long run of 80 min. at an RPE of 5. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



5 JUNE

7 WEEKS TO GO

4

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Fartlek	8k approx. in total	16 min. continuous run made up of 6 x 60 sec. fast efforts at a RPE of 8 with 60 sec. jog recovery in between at a RPE of 4, followed by 4 x 30 sec. fast efforts at a RPE of 8 with 30 sec. jog recovery in between at a RPE of 4. 10 min. warm-up and cool-down jog.
	Wednesday	Recovery Run	8k approx. in total	Easy recovery run of 40 min. at an RPE of 4-5.
	Thursday	Medium Long Run + Strides	13k approx. in total	Steady paced run of 65 min. at an RPE of 5-6, plus 3 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run	10k approx. in total	30 min. continuous effort at an RPE of 7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	17k approx. in total	Steady long run of 85 min. RPE scale 5-6. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



12 JUNE

6 WEEKS TO GO

5

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Intervals	9k approx. in total	5 x 1k at an RPE of 7-8, with 2 min. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Recovery Run	8-9k approx. in total	Easy recovery run of 45 min. at an RPE of 4-5.
	Thursday	Medium Long Run + Strides	14k approx. in total	Steady paced run of 70 min. at an RPE of 5-6, plus 4 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	10k approx. in total	10 min. continuous run at an RPE of 6-7, 2 min. rest then 6 x 30 sec. hills at an RPE of 8 with jog back recovery, 2 min. rest then 10 min. continuous run at an RPE of 6-7. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	18k approx. in total	Steady long run of 90 min. at an RPE of 5. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



19 JUNE

5 WEEKS TO GO

6

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Fartlek	9k approx. in total	22 min. continuous run made up of 2 x 90 sec. at a RPE of 8 with 90 sec. jog recovery at a RPE of 4, then 6 x 60 sec. fast efforts at a RPE of 8 with 60 sec. jog recovery at a RPE of 4 and 4 x 30 sec. fast efforts at a RPE of 8 with 30 sec. jog recovery at a RPE of 4. 10 min. warm-up and cool-down jog.
	Wednesday	Recovery Run	9k approx. in total	Easy recovery run of 45 min. at an RPE of 4-5.
	Thursday	Medium Long Run + Hills	14k approx. in total	Steady paced run of 70 min. at an RPE of 5-6, plus 4 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	10k approx. in total	20 min. continuous run at an RPE of 6-7, 2 min. recovery, then 6 x 30 sec. hills at an RPE of 8 with jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	18k approx. in total	Steady long run of 90 min. at an RPE of 5-6. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



26 JUNE

4 WEEKS TO GO

7

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Intervals	9k approx. in total	5 x 1k at an RPE of 7-8, with 90 sec. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Recovery Run	12k approx. in total	Easy recovery run of 60 min. at an RPE of 4-5.
	Thursday	Medium Long Run	14k approx. in total	Steady paced run of 70 min. at an RPE of 5-6, plus 4 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	11-12k approx. in total	15 min. continuous run at an RPE of 6-7, 2 min. rest then 6 x 30 sec. hills at an RPE of 8 with jog back recovery, 2 min. rest then 15 min. continuous run at an RPE of 6-7. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	18k approx. in total	Steady long run of 90 min. at an RPE of 5. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



3 JULY

3 WEEKS TO GO

8

Week N°	Day	Session	Distance	RunCrew Comments
8	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Fartlek	9k approx. in total	22 min. continuous run made up of 2 x 90 sec. at a RPE of 8 with 90 sec. jog recovery at a RPE of 4, then 6 x 60 sec. fast efforts at a RPE of 8 with 60 sec. jog recovery at a RPE of 4 and 4 x 30 sec. fast efforts at a RPE of 8 with 30 sec. jog recovery at a RPE of 4. 10 min. warm-up and cool-down jog.
	Wednesday	Recovery Run	12k approx. in total	Easy recovery run of 60 min. at an RPE of 4-5.
	Thursday	Medium Long Run	14k approx. in total	Steady paced run of 70 min. at an RPE of 5-6, plus 4 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	11-12k approx. in total	30 min. continuous run at an RPE of 6-7, 2 min. rec then 6 x 30 sec. hills at an RPE of 8 with jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	18k approx. in total	Steady long run of 90 min. at an RPE of 5. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Tuesday and Saturday.



10 JULY

2 WEEKS TO GO

9

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Intervals	10k approx. in total	6 x 1k at an RPE of 7-8, with 2 min. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Recovery Run	8k approx. in total	Easy recovery run of 40 min at an RPE of 4-5.
	Thursday	Medium Long Run	12k approx. in total	Steady paced run of 60 min. at an RPE of 5-6, plus 4 x 15 sec. fast strides with jog back recovery. These strides should be at an RPE of 9.
	Friday	Rest		Active recovery /rest day.
	Saturday	Tempo Run + Hills		15 min. continuous effort at an RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 2 min. recovery then 4 x 30 sec. hills at an RPE of 8 with slow jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	12k approx. in total	Steady long run of 60 min. at an RPE of 5. Don't force the pace on this run, just aim to get through the duration. Save the fast running for Race Day!



17 JULY

1 WEEK TO GO

10

Week N°	Day	Session	Distance	RunCrew Comments
	Monday	Cross Train		Pilates, core-strength, yoga, strength with a PT, swimming and cycling are all good examples of effective cross training for running.
	Tuesday	Fartlek	5k in total	9 min. continuous run made up of 3 x 60 sec. fast efforts at a RPE of 7 with 60 sec. jog recovery at a RPE of 4 and 3 x 30 sec. fast efforts at a RPE of 7 with 30 sec. jog recovery at a RPE of 4. 10 min. warm-up and cool-down jog. This will be your final fast session, don't push too hard, save that for the weekend.
	Wednesday	Recovery Run	4k approx. in total	Easy recovery run of 20 min. at an RPE of 4-5.
	Thursday	Rest		Extra day off to freshen up for race day.
	Friday	Recovery Run + Strides	4k approx. in total	Easy paced run of 20 min. at an RPE of 4-5, plus 4 x 15 sec. strides. Just stay nice and relaxed.
	Saturday	Rest		Active recovery/rest day.
	Sunday	Race Day	10k	10 min. warm-up and some strides. Trust your training, set out at a pace that is challenging but achievable and then leave it all out there. You can often find an extra gear on race day.

LETS

GO

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