



SYDNEY HARBOUR 10&5K

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2023

INTERMEDIATE

TRAINING PROGRAM

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Intermediate Program Overview

This 10-week training program is suitable for those who have recently completed a 5k or 10k race and can run for 30 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.

This program will help participants:

- ✔ Improve cardiovascular fitness and stamina
- ✔ Get into a good running routine
- ✔ Train for a maximum of 5 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 duration, feel free to take extra walk breaks. As your fitness improves, aim to walk less often. If you do take extra walk breaks throughout this program, it may mean you will complete the Real Insurance 10k with some walk breaks which is absolutely fine, particularly for your first 10k. 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 training days are interspersed with plenty of rest days to allow your body to adapt and recover. Your final week of training will be quite

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

Stay connected

Make 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



Intermediate Types of Training

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

Warm-up

Before all of your training sessions, and particularly your interval sessions, you should complete at least a 5-10 minute walk (or slow jog as your fitness improves) 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.

Long Run (General Aerobic)

Your longest run of the week will start at 40 minutes and reach a maximum of 75 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 very slow jog. This is better than running too fast at the start and then

walking. Save the faster running for your interval, fartlek and tempo sessions.

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 that 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.

Intermediate 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 that 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.



Intermediate 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	Moderately easy, you can converse with a little more effort.	56-60%
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	Very difficult, conversation requires maximum effort.	81-85%
7 Very heavy			
8			
9	V02 Max/race pace	Full out effort, no conversation possible.	93-100%
10 Very, very heavy	Race pace/race pace to win		



15 MAY

10 WEEKS TO GO

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	5k approx. in total	4 x 2 min. at an RPE of 7-8, with 2 min. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Rest		Active recovery/rest day.
	Thursday	Recovery Run	4k approx. in total	Easy paced run of 20 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run	6k approx. in total	10 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. slow jog warm-up and cool-down.
	Sunday	Long Run	8k approx. in total	Steady long run of 40 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.



22 MAY

9 WEEKS TO GO

2

Week N°	Day	Session	Distance	RunCrew Comments
2	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	6k approx. in total	9 min. continuous run made up of 3 x 60 sec. fast efforts at a RPE of 8 with a 60 sec. jog recovery in between at a RPE of 4, followed by 3 x 30 sec. fast efforts at a RPE of 8-9 with a 30 sec. jog recovery in between at a RPE of 4. 10 min. warm-up and cool-down jog.
	Wednesday	Rest		Active recovery/rest day.
	Thursday	Recovery Run	5k approx. in total	Easy paced run of 25 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills		10 min. continuous effort at a RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 3 min. recovery then 2 x 30 sec. hills at a RPE of 8 with slow jog back for recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	9k approx. in total	Steady long run of 45 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.



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	6k approx. in total	4 x 2 min. at an RPE of 7-8, with 90 sec. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Rest		Active recovery/rest day.
	Thursday	Recovery Run	6k approx. in total	Easy paced run of 30 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	7k approx. in total	14 min. continuous effort at a RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 3 min. recovery then 4 x 30 sec. hills at a RPE of 8 with slow jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	10k approx. in total	Steady long run of 50 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
4	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	Tempo Run	7k approx. in total	12 min. continuous run made up of 4 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	Challenge Activity		Additional 7k run, 45 min. cycle, spin class or swim.
	Thursday	Recovery Run	6k approx. in total	Easy paced run of 30 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	8k approx. in total	16 min. continuous effort at a RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 3 min. recovery then 4 x 30 sec. hills at a RPE of 8 with slow jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	11k approx. in total	Steady long run of 55 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.



12 JUNE

6 WEEKS TO GO

5

Week N°	Day	Session	Distance	RunCrew Comments
5	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	7k approx. in total	5 x 2 min. at an RPE of 7-8, with 2 min. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Rest		Active recovery/rest day.
	Thursday	Recovery Run	7k approx. in total	Easy paced run of 35 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	9k approx. in total	20 min. continuous effort at a RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 3 min. recovery then 4 x 30 sec. hills at a 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 a 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	7k approx. in total	15 min continuous run made up of 5 x 60 sec. fast efforts at a RPE of 8 with 60 sec. jog recovery at a RPE of 4, followed by 5 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	Rest		Active recovery/rest day.
	Thursday	Recovery Run	7k approx. in total	Easy paced run of 35 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	9k approx. in total	10 min. continuous run at a RPE of 6-7 with 2 min. rest, followed by 4 x 30 sec. hills at a RPE of 8 with jog back recovery and 2 min rest then a 10 min. continuous run at a RPE of 6-7. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	13k approx. in total	Steady long run of 65 min. at a 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.



26 JUNE

4 WEEKS TO GO

7

Week N°	Day	Session	Distance	RunCrew Comments
7	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	6k approx. in total	5 x 2 min. at an RPE of 7-8, with 90 sec. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Rest		Active recovery/rest day.
	Thursday	General Aerobic	8k approx. in total	Easy paced run of 40 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	10k approx. in total	12 min. continuous run at a RPE of 6-7 with 2 min. rest, followed by 4 x 30 sec. hills at a RPE of 8 with jog back recovery and 2 min. rest. Then finish with 12 min. continuous run at a RPE of 6-7. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	14k approx. in total	Steady long run of 70 min. at a 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	8k approx. in total	18 min. continuous run made up of 6 x 60 sec. fast efforts at a RPE of 8 with 60 sec. jog recovery at a RPE of 4, followed by 6 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	Rest		Active recovery/rest day.
	Thursday	General Aerobic	8k approx. in total	Easy paced run of 40 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills	10k approx. in total	25 min. continuous effort at a RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 3 min. recovery then 5 x 30 sec. hills at a RPE of 8 with slow jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	15k approx. in total	Steady long run of 75 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
9	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	7k approx. in total	6 x 2 min. at an RPE of 7-8, with 90 sec. standing recovery in between. 10 min. slow jog warm-up and cool-down.
	Wednesday	Rest		Active recovery/rest day.
	Thursday	Recovery Run	6k approx. in total	Easy paced run of 30 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Active recovery/rest day.
	Saturday	Tempo Run + Hills		15 min. continuous effort at a RPE of 6-7. This should be hard but controlled, not quite as fast as your intervals from Tuesday. 3 min. recovery then 4 x 30 sec. hills at a RPE of 8 with slow jog back recovery. 10 min. slow jog warm-up and cool-down.
	Sunday	Long Run	8k approx. in total	Steady long run of 40 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 in between at a RPE of 4, followed by 3 x 30 sec. fast efforts at a RPE of 7 with 30 sec. jog recovery in between 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	Rest		Active recovery/rest day.
	Thursday	Recovery Run	4k approx. in total	Easy paced run of 20 min. at an RPE of 4-5. Just stay nice and relaxed.
	Friday	Rest		Rest day
	Saturday	Rest		Rest day
	Sunday	Race Day	10k	Race Day. You're ready. Make sure you warm-up and set out at a pace that you're confident you can maintain. Be proud of yourself and enjoy the recovery!

LETS

GO

RUNNING

SYDNEY

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To learn more about the
Real Insurance Sydney Harbour
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sydneyharbour10k.com.au

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