

# BRING IT UP TO 10K

Energy Fitness by Masozma

**Strong and Fierce**

**WELCOME TO COUCH TO THE 10K TRAINING PROGRAM**

*Give it your best shot, every damn day!*



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*The greatest wealth is health*

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### INTRODUCTION

Welcome to the 10 kilometre training program. Thank you for choosing me as your trainer.

This is a **8 week road program** designed to assist you to run the **10k distance**.

Please do a proper warm & activation before each session within the trainer in order to avoid injuries.

Please take your rest days seriously because those are important for recovery and to ensure optimum performance.

Please consult a medical professional for any matters you are unsure of regarding your health and wellness.

**HERE'S TO THE MAKING OF A STRONG RUNNER**

## GENERAL GUIDELINE ON PACE AND MEDALS

Official Races grant 2 hour - 2.5 hours to complete a 10k and qualify for a medal.

RUNNER'S PROFILE	FINISH TIME	AVERAGE PACE mins/km
Elite	25 -35 minutes	2:30 to 3:30
Advances	36 - 55 minutes	3:36 to 5:30
Intermediate	56 - 1h30 minutes	5:36 to 9:00
Basic	1h31 - 1h45mins	9:06 to 10:30



THE ROAD IS WAITING FOR YOU

## Energy Fitness by Masomza

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# NUTRITION GUIDANCE

*Food is an important part of a balanced diet*

*Simple is sustainable*

During this trainer, and for the rest for your life, remember that food is fuel. You have to eat healthy, wholesome, nutrition dense meals in order to optimise performance and normal function.

Make sure that you stay hydrated, by drinking enough water and replenishing your electrolytes.



Training plan - 10k ( 1/2)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	30 minutes power walk	30 minutes power walk	Rest day	30 minutes power walk	30 minutes power walk	30 minutes power walk	Rest day
	5 minute jog	5 minute jog	Relax, massage & stretch the soar muscles	10 minute Jog	10 minute Jog	10 minute Jog	Relax, massage & stretch the soar muscles
WEEK 2	20 minutes jog	20 minutes jog	Rest day	30 minute jog	30 minute jog	1 hour cross training: Strength session	Rest day
			Relax, massage & stretch the soar muscles				Relax, massage & stretch the soar muscles
WEEK 3	30 minute run ( Increase pace from a jog)	30 minute run ( Increase pace from a jog)	Rest day	1 hour cross training: Strength session	30 minute run ( Increase pace from a jog)	40 minute Jog ( Slower pace than a run)	Rest day
			Relax, massage & stretch the soar muscles				Relax, massage & stretch the soar muscles
WEEK 4	40 minute run ( Increase pace from a jog)	1 hour cross training: Strength session	Rest day	40 minute run ( Increase pace from a jog)	1 hour cross training: Strength session	5KM RUN ( This can be a park run if you can find one near you)	Rest day
			Relax, massage & stretch the soar muscles				Relax, massage & stretch the soar muscles

Training plan - 10k ( 2/2)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 5	60 minute jog ( slower pace than a run)	60 minute jog ( slower pace than a run)	Rest day Relax, massage & stretch the soar muscles	60 minute run ( Faster pace than a Jog)	Rest day Relax, massage & stretch the soar muscles	6.5KM RUN	Rest day Relax, massage & stretch the soar muscles
WEEK 6	1 hour cross training: Strength session	1 hour cross training: Strength session	Rest day Relax, massage & stretch the soar muscles	1h15 minute run ( Faster pace than a Jog)	1h15 minute run ( Faster pace than a Jog)	Rest day Relax, massage & stretch the soar muscles	8.5KM RUN
WEEK 7	Rest day Relax, massage & stretch the soar muscles	1h30 minute run ( Faster pace than a Jog)	1h30 minute run ( Faster pace than a Jog)	1 hour cross training: Strength session	Rest day Relax, massage & stretch the soar muscles	9KM RUN	Rest day Relax, massage & stretch the soar muscles
WEEK 8	5KM RUN	7.5KM RUN	Rest day Relax, massage & stretch the soar muscles	1 hour cross training: Strength session	9KM RUN	Rest day Relax, massage & stretch the soar muscles	10KM RUN

# Energy Fitness by Masomza

**Strong and Fierce**

*CONGRATULATIONS FOR YOUR BUILD UP TO 10K. I WISH YOU A HAPPY AND HEALTHY FIT LIFESTYLE.*

*Please visit my website, [Energy Fitness By Masomza](#), for more amazing training programs.*

