# **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

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#### **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/klm	
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

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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.



#### Energy Fitness by Masomza Strong and Fierce

#### Training plan - 10k ( 1/2)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	30 minutes power walk	30 minutes power walk	Rest day	30 minutes power walk	30 minutes power walk	30 minutes power walk	Rest day
WEEK 1	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
	5.4	D 0		D. 4	D. 5	D 0	
	Day 1 20 minutes jog	Day 2 20 minutes jog	Day 3 Rest day	Day 4 30 minute jog	Day 5 30 minute jog	Day 6 1 hour cross training: Strength	Day 7 Rest day
	20 minutes jog	20 minutes jog	rest day	oo minate jeg		session	rest day
WEEK 2			Relax, massage & stretch the soar muscles				Relax, massage & stretch the soar muscles
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	30 minute run (Increase pace	30 minute run (Increase pace	Rest day	1 hour cross training: Strength		40 minute Jog ( Slower pace than	Rest day
	from a jog)	from a jog)	D. I	session	from a jog)	a run)	D. I
WEEK			Relax, massage & stretch the soar muscles				Relax, massage & stretch the soar muscles
WEEK 3			Soar muscles				soai muscles
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	40 minute run (Increase pace	1 hour cross training: Strength	Rest day	40 minute run (Increase pace		5KM RUN ( This can be a park	Rest day
	from a jog)	session	Relax, massage & stretch the	from a jog)	session	run if you can find one near you)	Relax, massage & stretch the
WEEK 4			soar muscles				soar muscles
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#### Training plan - 10k ( 2/2)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
		60 minute jog ( slower pace than a	Rest day		Rest day	6.5KM RUN	Rest day
MEEK E	run)	run)	Relax, massage & stretch the	a Jog)	Relax, massage & stretch the		Relax, massage & stretch the
WEEK 5			soar muscles		soar muscles		soar muscles
	Day 1 1 hour cross training: Strength	Day 2 1 hour cross training: Strength	Day 3 Rest day	Day 4 1h15 minute run ( Faster pace	Day 5 1h15 minute run ( Faster pace	Day 6 Rest day	Day 7 8.5KM RUN
	session	session	Nest day	than a Jog)	than a Jog)	ivest day	O.SIAW INDIA
WEEK 6			Relax, massage & stretch the		G/	Relax, massage & stretch the	
			soar muscles			soar muscles	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Rest day	1h30 minute run (Faster pace	1h30 minute run (Faster pace	1 hour cross training: Strength	Rest day	9KM RUN	Rest day
	Relax, massage & stretch the	than a Jog)	than a Jog)	session	Relax, massage & stretch the		Relax, massage & stretch the
	soar muscles				soar muscles		soar muscles
WEEK 7							
	Day 1 5KM RUN	Day 2 7.5KM RUN	Day 3	Day 4	Day 5 9KM RUN	Day 6	Day 7 10KM RUN
	SKIVI RUIN	7.5KW RUN	Rest day	1 hour cross training: Strength session	9KM RUN	Rest day	TURINI RUN
			Relax, massage & stretch the	Seconori		Relax, massage & stretch the	
WEEK 8			soar muscles			soar muscles	
		*					

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# **Energy Fitness by Masomza**

### **Strong and Fierce**

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

Please visit my website, Energy Fitness By Masomza, for more amazing training programs.

