

**ST pace** = short tempo pace  
**MT pace** = mid tempo pace  
**LT pace** = long tempo pace  
**PHMP pace** = planned half marathon pace  
**RI** = rest interval (a timed rest/recovery or a distance walked/jogged)

### 5K training program

	<b>Key run workout #1</b>	<b>Key run workout #2</b>	<b>Key run workout #3</b>
12	10-20 minute warm-up 8x400m (400m RI) 10 minute cool-down	1.6km warm-up 3.2km @ ST pace 1.6km cool-down	8km @ LT pace
11	10-20 minute warm-up 5x800m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	9.6km @ LT pace
10	10-20 minute warm-up 2x1600m & 1x800m (400m RI) 10 minute cool-down	1.6km warm-up 3.2km @ ST pace, 1.6km easy for recovery, 3.2km @ ST pace 1.6km cool-down	8km @ LT pace
9	10-20 minute warm-up 200m (200m RI) 400m (400m RI) 600m (400m RI) 800m (400m RI) 800m (400m RI) 600m (400m RI) 400m (400m RI) 200m 10 minute cool-down	1.6km warm-up 6.4km @ MT pace 1.6km cool-down	9.6km @ LT pace
8	10-20 minute warm-up 4x1000m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	11.2km @ LT pace
7	10-20 minute warm-up 10x400m (90 sec RI) 10 minute cool-down	1.6km warm-up 1.6km @ ST pace, 1.6km easy, 1.6km @ ST pace, 1.6km easy, 1.6km @ ST pace 1.6km cool-down	9.6km @ LT pace
6	10-20 minute warm-up 10x400m (90 sec RI) 10 minute cool-down	1.6km warm-up 6.4km @ MT pace 1.6km cool-down	12.8km @ LT pace
5	10-20 minute warm-up 6x800m (90 sec RI) 10 minute cool-down	1.6km warm-up 3.2km @ ST pace, 1.6km easy, 3.2km @ ST pace 1.6km cool-down	11.2km @ LT pace
4	10-20 minute warm-up 4x1200m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	11.2km @ LT pace
3	10-20 minute warm-up 5x1000m (400m RI) 10 minute cool-down	1.6km warm-up 3.2km @ ST pace, 1.6km easy, 1.6km @ ST pace, 1.6km easy, 3.2km @ ST pace 1.6km cool-down	11.2km @ LT pace
2	10-20 minute warm-up 3x1600m (60 sec RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	9.6km @ LT pace
1	10-20 minute warm-up 6x400m (60 sec RI) 10 minute cool-down	1.6km warm-up 4.8km easy 1.6km cool-down	5km Race

### 10K training program

	<b>Key run workout #1</b>	<b>Key run workout #2</b>	<b>Key run workout #3</b>
12	10-20 minute warm-up 8x400m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	9.6km @ LT pace
11	10-20 minute warm-up 5x800m (400m RI) 10 minute cool-down	1.6km warm-up 3.2km @ ST pace, 1.6km easy, 3.2km @ ST pace 1.6km cool-down	11.2km @ LT pace
10	10-20 minute warm-up 2x1600m & 1x800m (400m RI) 10 minute cool-down	1.6km warm-up 6.4km @ MT pace 1.6km cool-down	12.8km @ LT pace
9	10-20 minute warm-up 200m (200m RI) 400m (400m RI) 600m (400m RI) 800m (400m RI) 800m (400m RI) 600m (400m RI) 400m (400m RI) 200m 10 minute cool-down	1.6km warm-up 3.2km @ ST pace 1.6km easy 1.6km @ ST pace 1.6km easy 3.2km @ ST pace 1.6km cool-down	14.4km @ LT pace
	10-20 minute warm-up 4x1000m (400m RI) 10 minute cool-down	1.6km warm-up 6.4km @ ST pace 1.6km cool-down	16km @ LT pace
7	10-20 minute warm-up 1600m, 1200m, 800m, 400m (400m RI) 10 minute cool-down	1.6km warm-up 8km @ MT pace 1.6km cool-down	12.8km @ LT pace
6	10-20 minute warm-up 10x400m (90 sec RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	16km @ LT pace
5	10-20 minute warm-up 6x800m (90 sec RI) 10 minute cool-down	1.6km warm-up 1.6km @ ST pace, 1.6km easy, 3.2km @ ST pace, 1.6km easy, 1.6km @ ST pace 1.6km cool-down	12.8km @ LT pace
4	10-20 minute warm-up 4x1200m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	11.2km @ LT pace
3	10-20 minute warm-up 5x1000m (400m RI) 10 minute cool-down	1.6km warm-up 9.6km @ MT pace 1.6km cool-down	12.8km @ LT pace
2	10-20 minute warm-up 3x1600m (60 sec RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	11.2km @ LT pace
1	10-20 minute warm-up 6x400m (60 sec RI) 10 minute cool-down	1.6km warm-up 4.8km easy 1.6km cool-down	10km Race

### Half marathon training program

	<b>Key Run Workout #1</b>	<b>Key Run Workout #2</b>	<b>Key Run Workout #3</b>
18	10-20 minute warm-up 12x400m (90 sec RI) 10 minute cool-down	3.2km easy 4.8km @ ST pace 1.6km easy	12.8km PHMP + 30 sec/km
17	10-20 minute warm-up 400, 600, 800, 1200, 800, 600, 400 (400m RI) 10 minute cool-down	8km run @ MT pace	14.4km PHMP + 30 sec/km
16	10-20 minute warm-up 6x800m (90 sec RI) 10 minute cool-down	3.2km easy 4.8km @ ST pace 1.6km easy	16.1km easy/relaxed effort run
15	10-20 minute warm-up 1200, 1000, 800, 600, 400, 200 (200m RI) 10 minute cool-down	8km run @ MT pace	14.4km PHMP + 30 sec/km
14	10-20 minute warm-up 5x1000m (400m RI) 10 minute cool-down	1.6km easy 4.8km @ ST pace 1.6km easy	14.4km PHMP + 30 sec/km
13	10-20 minute warm-up 3x1600m (60 sec RI) 10 minute cool-down	9.7km @ long tempo pace	17.7km PHMP + 50 sec/km
12	10-20 minute warm-up 2 x (6x400m) (2 min RI) 4x800m (2 min RI) 10 minute cool-down	1.6km easy, 3.2km @ MT 1.6km easy, 3.2km @ MT 1.6km easy	16.1km PHMP + 30 sec/km
11	10-20 minute warm-up 6x800m (90 sec RI) 10 minute cool-down	8km run @ MT pace	19.3km PHMP + 50 sec/km
10	10-20 minute warm-up 2 x (6x400m) (90 sec RI) (2:30 RI between sets) 10 minute cool-down	1.6km easy, 3.2km @ MT 1.6km easy, 3.2km @ MT 1.6km easy	12.8km PHMP +25 sec/km
9	10-20 minute warm-up 1.6km (400m RI) 3.2km (800m RI) 2x800m (400m RI) 10 minute cool-down	8km run @ MT pace	20.9km PHMP + 50 sec/km
8	10-20 minute warm-up 3 x (2x1200m) (120 sec RI) (4 minute RI between sets) 10 minute cool-down	9.7km run @ MT pace	16.1km PHMP + 30 sec/km
7	10-20 minute warm-up 1K, 2K, 1K, 1K (400m RI) 10 minute cool-down	8km run @ MT pace	22.5km PHMP + 50 sec/km
6	10-20 minute warm-up 3x1600m (400m RI) 10 minute cool-down	9.7km easy & relaxed	16.1km PHMP + 30 sec/km
5	10-20 minute warm-up 10x400m (400m RI) 10 minute cool-down	8km run @ MT pace	24.1km PHMP + 50 sec/km
4	10-20 minute warm-up 3x2000m (400m RI) 10 minute cool-down	1.6km easy, 3.2km @ MT 1.6km easy, 3.2km @ MT 1.6km easy	16.1km PHMP + 30 sec/km
3	10-20 minute warm-up 2x3200m (400m RI) 10 minute cool-down	8km run @ MT pace	19.3km PHMP + 30 sec/km
2	10-20 minute warm-up 5x1000m (400m RI) 10 minute cool-down	3.2km easy 4.8km @ ST pace 1.6km easy	12.8km PHMP + 30 sec/km
1	10-20 minute warm-up 6x400m (400m RI) 10 minute cool-down	4.8km run easy & relaxed	Half marathon race

## City To Surf Training Program

	<b>Key run workout #1</b>	<b>Key run workout #2</b>	<b>Key run workout #3</b>
10	10-20 minute warm-up 8x400m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	9km @ LT pace
9	10-20 minute warm-up 4x800m (400m RI) 10 minute cool-down	2km warm-up 3km @ ST pace, 1km easy, 3km @ ST pace 1km cool-down	10km @ LT pace
8	10-20 minute warm-up 1x1600m, 1x1200 & 1x800m (400m RI) 10 minute cool-down	1.6km warm-up 6.4km @ MT pace 1.6km cool-down	10km @ LT pace
7	10-20 minute warm-up 200m (200m RI) 400m (400m RI) 600m (400m RI) 800m (400m RI) 600m (400m RI) 400m (400m RI) 200m 10 minute cool-down	2km warm-up 3.km @ ST pace 1km easy 3km @ ST pace 1km cool-down	12km @ LT pace
6	10-20 minute warm-up 8x400m (90 sec RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	10km @ LT pace
5	10-20 minute warm-up 5x800m (90 sec RI) 10 minute cool-down	2km warm-up 2km @ ST pace, 1km easy, 3.km @ ST pace, 1km easy, 2km @ ST pace 1km cool-down	12km @ LT pace
4	10-20 minute warm-up 3x1200m (400m RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	14km @ LT pace
3	10-20 minute warm-up 4x1000m (400m RI) 10 minute cool-down	2km warm-up 9km @ MT pace 1.6km cool-down	12.km @ LT pace
2	10-20 minute warm-up 3x1600m (60 sec RI) 10 minute cool-down	1.6km warm-up 4.8km @ ST pace 1.6km cool-down	10km @ Easy
1	10-20 minute warm-up 4x400m (60 sec RI) 10 minute cool-down	5km easy	14km Race