

INTERMEDIATE

**8 WEEK TRAINING PLAN  
FOR YOUR 10KM RACE**

***LesMILLS***

# MEET THE CREATOR



Dr Jinger Gottschall is an Associate Professor of Kinesiology at Penn State University (USA) and a passionate and highly experienced runner.

Gottschall first discovered Les Mills workouts in 2002, adopting the group workouts for cross training and injury prevention while competing in long distance triathlons. After retiring from racing, she became a Les Mills instructor and began exploring the science behind the programming. Gottschall now helps develop and test a range of Les Mills programmes. She has published over 10 peer-reviewed journal articles focused on effective exercise, and developed hundreds of training plans for individuals ranging from novices to professionals.

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“My aim is to maximise results and minimise injury, providing education on which exercise to do and when to do it, along with tips on how to make your journey more successful.”



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GET STARTED!

# PLAN FOR YOUR SUCCESS

## CROSS THE FINISH LINE FASTER

Maximise your running performance by building all-round fitness, stamina, strength and speed. The secret to success is an integrated training approach. This plan includes running, cardio, strength and flexibility training that will improve your running and reach your 10km race goal.

### WHO IS THIS TRAINING PLAN FOR?

- If you are an athlete looking to improve running performance without running six days a week this plan is for you.
- If you are currently exercising for 4-6 hours a week, and running twice a week, use this plan to help you maximise your performance.

### THE BENEFITS OF THIS PLAN

- It makes life easy, there's less guesswork about what to do.
- You'll feel confident that you are prepared for the race distance.
- Reduce injury risk with well-planned increases in distance/intensity.
- You'll stay motivated knowing that you are able to successfully complete each week.

### BEFORE YOU BEGIN

- Remember, this is just a guide. It's important you are listening to the cues your body is giving you and tailor your training load to suit.
- Like with any new exercise routine it's a good idea to get cleared by a medical professional before you start.
- This plan is not recommended for anyone under the age of 18 years.
- As you make your way through the plan, remember not every run will be your strongest. This is all part of the process of getting to your running best.
- Make sure you read the fit facts and pro tips throughout the guide, these are included to help you maximise your performance.

# WHAT TO EXPECT

## 8 WEEKS OF VARIED SAFE + EFFECTIVE TRAINING

A well-rounded, variety-packed training programme will build strength, increase cardio fitness and improve endurance. By mixing running with other cardio fitness, strength training and flexibility sessions you stimulate different muscles groups, increase performance, and reduce your risk of injury. Best of all, you won't get bored from just running. This plan includes:

### WORKOUT TYPES

#### FIT FACT

A combination of strengthening and flexibility training will reduce injury risk with exercises that will train the core and stretch the working leg muscles.



#### RUNNING

Various paces, distances and times to improve running ability.



#### CARDIO

Integrated training to prevent overuse injury from running only.



#### STRENGTH

Strengthen the muscles surrounding the hip and knee, protect joints, and build core strength for improved efficiency.



#### FLEXIBILITY

Improve mobility and release tension.

SEE PAGE 8 FOR THE RECOMMENDED NON-RUNNING WORKOUTS FROM LES MILLS

### WEEKLY FOCUSES

#### TRAINING WEEK

5 SESSIONS  
2 REST DAYS

#### CHALLENGE WEEK

6 SESSIONS  
1 REST DAY

#### REST WEEK

4 SESSIONS  
3 REST DAYS

#### TAPER WEEK

WEEK PRIOR  
TO THE RACE

# MAKE IT YOURS

## GUIDELINES TO PLAN YOUR WEEK

With no specified days for each workout you've got the freedom to fit your training into your schedule. We have a few tips and suggest you try to follow these guidelines when planning your week.

### PRO TIP

Try and hold back from doing more than the plan states – even if you are feeling energised and unstoppable, quality is better than quantity.

### TIPS FOR SUCCESSFUL SCHEDULING

- Always take one full day off per week. Rest is a critical component of improving fitness and performance.
- Avoid doing strength training sessions on consecutive days. This means that if you lift weights on Monday you should wait until at least Wednesday to do further strength training.
- It is ideal to do strength training later in the day, after 10am if possible. This is because cortisol, which is typically high in the morning, can impact your strength generating potential. In terms of back health and safety, it is also better for your spinal discs if you strength train later in the day.

- Two training sessions in a single day will be required to complete this advanced training programme. Be realistic about how to organise your day and understand if you are more likely to complete two training sessions consecutively or if you prefer one training session in the morning and one later in the day.

### TIPS FOR SAFE TRAINING

- Water! Stay hydrated before and after training sessions and keep a water bottle with you during your workouts. If you'll be running for longer than 90 minutes take your water with you.
- Listen to your body. If you're hurt, stop running. If you are feeling fatigued and need to take an extra rest day – take it! It's essential to listen and learn from your body.

# RUNNING PAGES

## IMPROVE YOUR PERFORMANCE USING A VARIETY OF RUNNING PACES

This plan suggests you run at various paces for specific distances or time.

### WHAT IS RACE PACE?

Calculate your race pace by taking the distance you plan to run and dividing it by the time you aim to run it in. While elite runners can maintain their pace for several hours, if you're less experienced, running at a specific pace will get harder as you get tired – so don't get too caught up in it!

### DO YOU NEED A TRACKER?

If you have performance goals a GPS watch or heart rate monitor can be helpful tools. A tracker such as the Polar M430 GPS watch can be a great option, as it helps you estimate times for specific target distances based on the pace you're running at.

#### PRO TIP

Be aware of how you are fuelling your body during the training process, drink plenty of water and eat clean foods without processed ingredients or added sugar.

### HERE'S A SIMPLE DESCRIPTION OF THE VARYING PACES

<b>EASY</b> A steady pace where you are comfortable and can easily maintain a conversation if running with a partner.	<b>INTERVAL</b> Periods of work followed by short periods of recovery to improve speed and leg turnover.
<b>HARD</b> As fast as you can run for the prescribed period of time/distance without slowing down.	<b>LONG</b> The longest distance with varying paces to prepare you for the race distance.
<b>STRENGTH</b> This pace typically involves hills. If you don't have access to elevation nearby, consider running on a treadmill where you can control the incline.	<b>BUILD</b> Beginning at an easy pace and progressively building to a pace slightly faster than race pace.
<b>TEMPO</b> Slightly slower than race pace.	<b>MIXED</b> A combination of strength and speed with varying paces.
<b>FAST</b> Faster than race pace.	

# WORKOUT OPTIONS

It's easy to add effective strength, cardio and flexibility training to your routine when you choose Les Mills workouts. Every Les Mills workout features hit music, inspiring qualified instructors, and the latest cutting-edge, scientifically-backed choreography. The music and moves are refreshed every three months, so workouts are always new and engaging.



## CARDIO

Adding cardio workouts provides great cross training and prevents overuse injury from running only.

### BODYATTACK

High-energy functional sports training that will boost fitness and maximise cardio stamina.

### BODYCOMBAT

A martial arts-inspired, non-contact workout that will strengthen and tone the whole body and fuel cardio fitness.

### BODYSTEP

A full-body cardio workout that will build stamina, tone your butt and thighs.

### RPM

An indoor cycling class that will build aerobic fitness, burn calories and push you into a higher gear.



## STRENGTH

Adopt strength training to strengthen the muscles surrounding the hip and knee, to protect the joints, and to train the three dimensional core for improved efficiency.

### BODYPUMP

The full-body weights workout that builds strength and will get you lean, toned and fit – fast.

### CXWORX

Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.



## FLEXIBILITY

Adding a focus on strengthening, stretching and improving flexibility will help improve mobility and release tension.

### BODYBALANCE

A motivating blend of Yoga, Tai Chi and Pilates that will strengthen your entire body and leave you feeling calm and centered.

**TO LEARN MORE ABOUT  
LES MILLS WORKOUTS**

**VISIT [LESMILLS.CO.NZ](https://www.lesmills.co.nz)**



# TRAINING PLAN

**THIS 8 WEEK SCHEDULE IS DESIGNED TO HELP  
YOU START RUNNING + ACHIEVE YOUR 10KM GOAL**

To get the best results we recommend you try to stick closely to our training suggestions during the 8-week plan. If you need to modify some of the training please go for it – it's important that you safely and effectively prepare for your 10km race.

- Stay on track by recording your progress. Take the time after each session to note down your run time and how you are feeling.
- Celebrate the milestones you are achieving, this will keep you motivated.

## TRAINING PLAN OVERVIEW

**1**  
**TRAINING  
WEEK**  
3 RUNS  
2 WORKOUTS

**2**  
**CHALLENGE  
WEEK**  
3 RUNS  
3 WORKOUTS

**3**  
**REST  
WEEK**  
2 RUN  
2 WORKOUTS

**4**  
**TRAINING  
WEEK**  
3 RUNS  
2 WORKOUTS

**5**  
**TRAINING  
WEEK**  
3 RUNS  
2 WORKOUTS




**6**  
**CHALLENGE  
WEEK**  
3 RUNS  
3 WORKOUTS

**7**  
**TRAINING  
WEEK**  
3 RUNS  
2 WORKOUTS

**8**  
**TAPER  
WEEK**  
3 RUNS  
2 WORKOUTS




# WEEK 1 – TRAINING WEEK

## FIVE SESSIONS WITH TWO DAYS OF REST

	<input type="radio"/> <b>1 EASY RUN: 3KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 MIXED RUN: 4KM</b> 2KM EASY, 2KM TEMPO <b>MY TIME:</b>	<input type="radio"/> <b>1 LONG RUN: 5KM</b> EASY <b>MY TIME:</b>
	<input type="radio"/> <b>1 CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1 STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		




# WEEK 2 – CHALLENGE WEEK

## SIX SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> <b>1 INTERVAL RUN: 4KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 STRENGTH RUN: 4KM</b> 1KM EASY, THEN HILL REPEATS, 6x 15-30 SEC UPHILL, WALK DOWN <b>MY TIME:</b>	<input type="radio"/> <b>1 LONG RUN: 5.5KM</b> EASY <b>MY TIME:</b>
	<input type="radio"/> <b>1 CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1 BODYPUMP WORKOUT</b>	<input type="radio"/> <b>1 CXWORX WORKOUT</b>	
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		




# WEEK 3 – REST WEEK

## FOUR SESSIONS WITH THREE DAYS OF REST

	<input type="radio"/> <b>1 EASY RUN: 4KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 EASY RUN: 6KM</b> <b>MY TIME:</b>	
	<input type="radio"/> <b>1 CXWORX WORKOUT</b>		
	<input type="radio"/> <b>1 BODYBALANCE WORKOUT</b>		
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		




# WEEK 4 – TRAINING WEEK

## FIVE SESSIONS WITH TWO DAYS OF REST

	<input type="radio"/> <b>1 EASY RUN: 3KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 MIXED RUN</b> 4KM ON A HILLY ROUTE <b>MY TIME:</b>	<input type="radio"/> <b>1 LONG RUN: 6.5KM</b> 2.5KM EASY 1KM BUILD 1KM HARD 2KM EASY <b>MY TIME:</b>
	<input type="radio"/> <b>1 CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1 STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		




# WEEK 5 – TRAINING WEEK

## FIVE SESSIONS WITH TWO DAYS OF REST

	<input type="radio"/> <b>1 EASY RUN: 3KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 MIXED RUN: 4KM</b> 2KM EASY 2KM A LITTLE FASTER <b>MY TIME:</b>	<input type="radio"/> <b>1 LONG RUN: 7KM</b> 2KM EASY 1KM TEMPO 1KM EASY 1KM TEMPO 2KM EASY <b>MY TIME:</b>
	<input type="radio"/> <b>1 CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1 STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		




# WEEK 6 – CHALLENGE WEEK

## SIX SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> <b>1 EASY RUN: 4KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 MIXED RUN: 4KM</b> 1KM EASY 1KM BUILD 1KM HARD 1KM EASY <b>MY TIME:</b>	<input type="radio"/> <b>1 LONG RUN: 9KM</b> 8x 60 SEC FAST AT RANDOM TIMES DURING RUN <b>MY TIME:</b>
	<input type="radio"/> <b>1 CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1 BODYPUMP WORKOUT</b>	<input type="radio"/> <b>1 CXWORX WORKOUT</b>	
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		






# WEEK 7 – TRAINING WEEK

## FIVE SESSIONS WITH TWO DAYS OF REST

	<input type="radio"/> <b>1 EASY RUN: 3.5KM</b> <b>MY TIME:</b>	<input type="radio"/> <b>1 MIXED RUN: 4KM</b> 2KM LOOP COMPLETED TWICE, SECOND LOOP FASTER <b>MY TIME:</b>	<input type="radio"/> <b>1 LONG RUN: 8KM</b> EASY EXCEPT LAST 1KM HARD <b>MY TIME:</b>
	<input type="radio"/> <b>1 CARDIO WORKOUT</b> BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM		
	<input type="radio"/> <b>1 STRENGTH WORKOUT</b> BODYPUMP OR CXWORX		
<b>THIS WEEK I FELT...</b>	PROUD, ENERGETIC, TIRED....		

# WEEK 8 – TAPER WEEK

## FIVE SESSIONS WITH ONE DAY OF REST

	<b>MONDAY</b>	<input type="radio"/> <b>1 CXWORX WORKOUT</b>
	<b>TUESDAY</b>	<input type="radio"/> <b>1 EASY RUN: 4KM</b> <b>MY TIME:</b>
	<b>WEDNESDAY</b>	<input type="radio"/> <b>1 BODYBALANCE WORKOUT</b>
	<b>THURSDAY</b>	<input type="radio"/> <b>1x 3KM RUN</b> 1KM EASY, 2KM TEMPO <b>MY TIME:</b>
<b>REST</b>	<b>FRIDAY</b>	<b>REST DAY</b>
	<b>SATURDAY</b>	<input type="radio"/> <b>1 LONG RUN: 5.5KM</b> EASY <b>MY TIME:</b>
<b>RACE</b>	<b>SUNDAY</b>	<b>RACE DAY!</b>

**NOW RUN**

***LesMILLS***