



GREAT SOUTH RUN - 7KM TRAINING PLANS

Welcome to the official training plans for Brisbane's Great South Run on April 8th. We provide all entrants to the 7km event with a complementary training plan suitable for 3 different levels: **BEGINNER**, **INTERMEDIATE** and **ADVANCED**. Please refer to the separate training plans for the 10km and half-marathon distance on our website [HERE](#) or [CONTACT US](#) if you are interested in a personal training plan taking your current fitness level, lifestyle and personal goals into account. In addition to these plans, P.A.T.42.2 RUNNING offers the following coaching services tailored to participants of the Great South Run:

- Weekly group run sessions in Southbank and at University of Queensland. [More info and sign up for your 2 week FREE TRIAL.](#)
- Enter [GREAT SOUTH RUN](#) and go into the draw to win one of our 3x 1 hour 1-on-1 personal coaching/ training sessions.

I personally wish you a fantastic preparation and looking forward to see you at one of our training sessions or at the event on April 8th.

Pat Nispel

Accredited Running Coach, Owner & Head Coach [P.A.T.42.2 RUNNING](#),
2016 Great South Run half-marathon winner.





7KM BEGINNER TRAINING PLAN (0 to 7k walk to run program)

- Goal finish time: under 50min (race pace: 7:00 min/km)
- 3 training sessions per week: Tuesday / Thursday/ Saturday (training days are flexible)
- Cross-training possible on any other day with minimum 1 rest day per week
- 2 time trials: 3k on 03.03. and 5k on 24.03.
- A glossary of common terms and training explanations can be found [HERE](https://runningcoach.me/pages/glossar/): <https://runningcoach.me/pages/glossar/>

WEEK 1		Ease into the training plan with a mix of running and walking.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	30.01.	Running	10:00 walking	3x 1:00 @8:20 pace	3x 120m	0:27:00	2'800m		
THU.	01.02.	Running	10:00 walking	5x 1:00 @8:20 pace	5x 120m	0:33:00	3'400m		
SAT.	03.02.	Walking	na	45:00 @10:00 pace	4'500m	0:45:00	4'500m		
TOTAL FOR WEEK 1:						1:45:00	10'700m		

WEEK 2		Build your training slowly by adding a little bit more to each session.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	06.02.	Running	10:00 walking	3x 2:00 @8:20 pace	3x 240m	0:30:00	3'100m		
THU.	08.02.	Running	10:00 walking	5x 2:00 @8:20 pace	5x 240m	0:38:00	4'000m		
SAT.	10.02.	Walking	na	1:00:00 @10:00 pace	6'000m	1:00:00	6'000m		
TOTAL FOR WEEK 2:						2:08:00	13'100m		



WEEK 3		This is the first big training week - keep up the consistency. Buddy up for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	13.02.	Running	10:00 walking	3x 3:00 @8:20 pace	3x 360m	0:33:00	3'500m		
THU.	15.02.	Running	10:00 walking	5x 3:00 @8:20 pace	5x 360m	0:43:00	4'600m		
SAT.	17.02.	Walking	na	1:15:00 @10:00 pace	7'500m	1:15:00	7'500m		
TOTAL FOR WEEK 3:						2:31:00	15'600m		

WEEK 4		You have earned a recovery week with a bit less training overall this week.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	20.02.	Running	10:00 walking	1x 10:00 @8:20 pace	1x 1'200m	0:30:00	3'200m		
THU.	22.02.	Running	10:00 walking	2x 7:00 @8:00 pace	2x 875m	0:36:00	4'000m		
SAT.	24.02.	Walking	na	1:00:00 @10:00 pace	6'000m	1:00:00	6'000m		
TOTAL FOR WEEK 4:						2:06:00	13'200m		

WEEK 5		This week will see your first time trial over 3km: try to run the distance without stopping.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	27.02.	Running	10:00 walking	2x 10:00 @8:00 pace	2x 1'250m	0:42:00	4'700m		
THU.	01.03.	Running	10:00 walking	3x 5:00 @8:20 pace	3x 600m	0:39:00	4'200m		
SAT.	03.03.	Time Trial	10:00 walking	Run 3km without stopping	3'000m	0:45:00	5'000m		
TOTAL FOR WEEK 5:						2:01:00	13'900m		



WEEK 6		Keep building your endurance by following the plan closely.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	06.03.	Running	10:00 walking	3x 7:00 @7:45 pace	3x 900m	0:45:00	5'100m		
THU.	08.03.	Running	10:00 walking	1x 20:00 @8:20 pace	1x 2'400m	0:40:00	4'400m		
SAT.	10.03.	Walking	na	1:15:00 @10:00 pace	7'500m	1:15:00	7'500m		
TOTAL FOR WEEK 6:						2:40:00	17'000m		

WEEK 7		The biggest training week. Keep track of the total time and distances for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	13.03.	Running	10:00 walking	3x 12:00 @7:30 pace	3x 1'600m	1:00:00	7'300m		
THU.	15.03.	Running	10:00 walking	1x 30:00 @8:20 pace	1x 3'600m	0:50:00	5'600m		
SAT.	17.03.	Walking	na	1:30:00 @10:00 pace	9'000m	1:30:00	9'500m		
TOTAL FOR WEEK 7:						3:20:00	22'400m		

WEEK 8		Your second recovery week and time trial over 5km: try to run the distance without stopping.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	20.03.	Running	10:00 walking	2x 10:00 @7:20 pace	2x 1'350m	0:42:00	4'900m		
THU.	22.03.	Running	10:00 walking	1x 30:00 @8:20 pace	1x 3'600m	0:50:00	5'600m		
SAT.	24.03.	Time Trial	10:00 walking	Run 5km without stopping @7:00 pace	5'000m	0:55:00	7'000m		
TOTAL FOR WEEK 8:						2:27:00	17'500m		



WEEK 9		Your last hard training week. Make sure you recover well and stay healthy.							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	27.03.	Running	10:00 walking	2x 15:00 @7:10 pace	2x 2'1'00m	0:52:00	6'400m		
THU.	29.03.	Running	10:00 walking	1x 40:00 @8:30 pace	1x 4'700m	1:00:00	6'700m		
SAT.	31.03.	Walking	na	1:15:00 @10:00 pace	7'500m	1:15:00	7'500m		
TOTAL FOR WEEK 9:						3:07:00	20'600m		

WEEK 10		RACE WEEK: less is more to freshen up for the event on Sunday. GOOD LUCK!							
Day	Date	Training Type	Warm up/ down	Main Training (2:00 walk recoveries)	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	03.04.	Running	10:00 walking	2x 20:00 @8:00 pace	2x 2'500m	1:02:00	7'200m		
THU.	05.04.	Running	10:00 walking	2x 5:00 @7:00 pace	2x 600m	0:32:00	3'400m		
SUN.	08.04.	RACE DAY	10:00 walking	Run 7km without stopping @7:00 pace	7'000m	0:49:00	9'000m		
TOTAL FOR WEEK 10:						2:29:00	19'600m		

Congrats for completing the 10 week training plan and running your first 7km event.

Pat



7KM INTERMEDIATE TRAINING PLAN (sub 42 minutes)

- Goal finish time: under 42min (race pace: 6:00 min/km)
- 3 to 4 training sessions per week: Monday / Tuesday/ Thursday / Saturday (training days are flexible)
- Cross-training possible on any other day with minimum 1 rest day per week
- 2 time trials: 3k on 03.03. and 5k on 24.03.
- A glossary of common terms and training explanations can be found [HERE](https://runningcoach.me/pages/glossar/): <https://runningcoach.me/pages/glossar/>

WEEK 1		Ease into the training plan with a mix of slow base aerobic conditioning and short fast interval running.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	29.01.	Steady Run 1	na	45:00 @8:00 pace	5'600m	0:45:00	5'600m		
TUE.	30.01.	Rest Day				0:00:00	0m		
THU.	01.02.	Intervals	15:00 jogging	10x 0:30 @5:30 pace (1:00 jog recovery)	10x 90m	0:45:00	5'600m		
SAT.	03.02.	Long Run	na	1:00:00 @8:20 pace	7'200m	1:00:00	7'200m		
TOTAL FOR WEEK 1:						2:30:00	18'400m		
WEEK 2		Build your training slowly by adding a little bit more running this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	05.02.	Steady Run 1	na	35:00 @8:00 pace	4'400m	0:35:00	4'400m		
TUE.	06.02.	Steady Run 2	na	45:00 @7:30 pace	6'000m	0:45:00	6'000m		
THU.	08.02.	Intervals	15:00 jogging	8x 1:00 @5:50 pace (1:00 jog recovery)	8x 170m	0:45:00	5'800m		
SAT.	10.02.	Long Run	na	1:10:00 @8:20 pace	8'500m	1:10:00	8'500m		
TOTAL FOR WEEK 2:						3:15:00	24'700m		



WEEK 3		This is the first big training week - keep up the consistency. Buddy up for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	12.02.	Steady Run 1	na	45:00 @8:00 pace	5'600m	0:45:00	5'600m		
TUE.	13.02.	Steady Run 2	na	55:00 @7:30 pace	7'300m	0:55:00	7'300m		
THU.	15.02.	Tempo Run	15:00 jogging	2x 10:00 @6:40 pace (5:00 jog recovery)	2x 1'500m	0:55:00	7'200m		
SAT.	17.02.	Long Run	na	1:20:00 @8:15 pace	9'700m	1:20:00	9'700m		
TOTAL FOR WEEK 3:						3:55:00	29'800m		
WEEK 4		You have earned a recovery week with a bit less training overall this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	19.02.	Rest Day				0:00:00	0m		
TUE.	20.02.	Steady Run 2	na	1:00:00 @7:30 pace	8'000m	1:00:00	8'000m		
THU.	22.02.	Intervals	15:00 jogging	10x 1:30 @5:45 pace (2:00 jog recovery)	10x 260m	1:05:00	8'400m		
SAT.	24.02.	Long Run	na	1:05:00 @8:10 pace	8'000m	1:05:00	8'000m		
TOTAL FOR WEEK 4:						3:10:00	24'400m		
WEEK 5		This week will see your first time trial over 3km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	26.02.	Steady Run 1	na	50:00 @7:50 pace	6'400m	0:50:00	6'400m		
TUE.	27.02.	Tempo Run	15:00 jogging	3x 10:00 @6:40 pace (5:00 jog recovery)	3x 1'500m	1:10:00	9'300m		
THU.	01.03.	Recovery Run	na	40:00 @8:20 pace	4'800m	0:40:00	4'800m		
SAT.	03.03.	Time Trial	10:00 jogging	Run 3km @6:00 pace	3'000m	0:38:00	5'500m		
TOTAL FOR WEEK 5:						3:18:00	26'000m		



WEEK 6		Keep building your endurance by following the plan closely.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	05.03.	Recovery Run	na	45:00 @8:20 pace	5'400m	0:45:00	5'400m		
TUE.	06.03.	Steady Run 1	na	50:00 @7:50 pace	6'400m	0:50:00	6'400m		
THU.	08.03.	Tempo Run	15:00 jogging	1x 30:00 @6:50 pace	1x 4'400m	1:00:00	8'000m		
SAT.	10.03.	Long Run	na	1:25:00 @7:50 pace	10'800m	1:25:00	10'800m		
TOTAL FOR WEEK 6:						4:00:00	30'600m		
WEEK 7		The biggest training week. Keep track of the total time and distances for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	12.03.	Steady Run 1	na	45:00 @7:45 pace	5'800m	0:45:00	5'800m		
TUE.	13.03.	Steady Run 2	na	1:00:00 @7:30 pace	8'000m	1:00:00	8'000m		
THU.	15.03.	Intervals	15:00 jogging	7x 2:00 @5:50 pace (2:00 jog recovery)	7x 340m	0:58:00	7'400m		
SAT.	17.03.	Long Run	na	1:40:00 @7:50 pace	12'800m	1:40:00	12'800m		
TOTAL FOR WEEK 7:						4:23:00	34'000m		
WEEK 8		Your second recovery week and time trial over 5km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	19.03.	Steady Run 1	na	45:00 @7:45 pace	5'800m	0:45:00	5'800m		
TUE.	20.03.	Intervals	15:00 jogging	8x 1:10 @5:45 pace (1:00 jog recovery)	8x 200m	0:55:00	6'800m		
THU.	22.03.	Recovery Run	na	45:00 @8:20 pace	5'400m	0:45:00	5'400m		
SAT.	24.03.	Time Trial	10:00 jogging	Run 5km @6:00 pace	5'000m	0:50:00	7'500m		
TOTAL FOR WEEK 8:						3:15:00	25'500m		



WEEK 9		Your last hard training week. Make sure you recover well and stay healthy.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	26.03.	Rest Day				0:00:00	0m		
TUE.	27.03.	Steady Run 1	na	1:00:00 @7:40 pace	7'800m	1:00:00	7'800m		
THU.	29.03.	Tempo Run	15:00 jogging	1x 45:00 @6:50 pace	1x 6'600m	1:15:00	10'200m		
SAT.	31.03.	Long Run	na	1:20:00 @7:50 pace	10'200m	1:20:00	10'200m		
TOTAL FOR WEEK 9:						3:35:00	28'200m		

WEEK 10		RACE WEEK: less is more to freshen up for the event on Sunday. GOOD LUCK!							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	02.04.	Steady Run 1	na	35:00 @7:45 pace	4'500m	0:35:00	4'500m		
TUE.	03.04.	Intervals	15:00 jogging	6x 1:10 @5:45 pace (1:00 jog recovery)	6x 200m	0:49:00	5'900m		
THU.	05.04.	Recovery Run	na	30:00 @8:20 pace	3'600m	0:30:00	3'600m		
SUN.	08.04.	RACE DAY	10:00 jogging	Run 7km @6:00 pace or bit faster	7'000m	1:02:00	9'400m		
TOTAL FOR WEEK 10:						2:56:00	23'400m		

Congrats for completing the 10 week training plan. I hope you achieved your goal of running 7km in under 42 minutes.

Pat



7KM ADVANCED TRAINING PLAN (sub 35 minutes)

- Goal finish time: under 35min (race pace: 5:00 min/km)
- 4 to 5 training sessions per week: Tuesday / Wednesday/ Thursday / Saturday / Sunday (days are flexible)
- Cross-training possible on any other day with minimum 1 rest day per week
- 2 time trials: 4k on 03.03. and 5k on 24.03.
- A glossary of common terms and training explanations can be found [HERE](https://runningcoach.me/pages/glossar/): <https://runningcoach.me/pages/glossar/>

WEEK 1		Ease into the training plan with a mix of slow base aerobic conditioning and short fast interval running.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	30.01.	Steady Run 2	na	1:00:00 @6:20 pace	9'500m	1:00:00	9'500m		
WED.	31.01.	Steady Run 1	na	30:00 @6:40 pace	4'500 m	0:30:00	4'500 m		
THU.	01.02.	Intervals	15:00 jogging	10x 0:30 @4:45 pace (1:00 jog recovery)	10x 100m	0:45:00	6'500m		
SAT.	03.02.	Rest Day				0:00:00	0m		
SUN.	04.02.	Long Run	na	1:10:00 @7:00 pace	10'000m	1:10:00	10'000m		
TOTAL FOR WEEK 1:						3:25:00	30'500m		
WEEK 2		Build your training slowly by adding a little bit more running this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	06.02.	Steady Run 2	na	50:00 @6:20 pace	7'900m	0:50:00	7'900m		
WED.	07.02.	Steady Run 1	na	40:00 @6:40 pace	6'000m	0:40:00	6'000m		
THU.	08.02.	Intervals	15:00 jogging	10x 1:00 @4:45 pace (1:00 jog recovery)	10x 210m	0:50:00	7'500m		
SAT.	10.02.	Steady Run 1	na	50:00 @6:40 pace	7'500m	0:50:00	7'500m		
SUN.	11.02.	Long Run	na	1:20:00 @7:00 pace	11'400m	1:20:00	11'400m		
TOTAL FOR WEEK 2:						4:30:00	40'300m		



WEEK 3		This is the first big training week - keep up the consistency. Buddy up for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	13.02.	Steady Run 2	na	50:00 @6:20 pace	7900m	0:50:00	7'900m		
WED.	14.02.	Steady Run 1	na	45:00 @6:40 pace	6'800m	0:45:00	6'800m		
THU.	15.02.	Tempo Run	15:00 jogging	3x 10:00 @5:30 pace (5:00 jog recovery)	3x 1'800m	1:10:00	11'000m		
SAT.	17.02.	Steady Run 1	na	1:00:00 @6:40 pace	9'100m	1:00:00	9'100m		
SUN.	18.02.	Long Run	na	1:30:00 @7:00 pace	12'700m	1:30:00	12'700m		
TOTAL FOR WEEK 3:						5:15:00	47'500m		
WEEK 4		You have earned a recovery week with a bit less training overall this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	20.02.	Rest Day				0:00:00	0m		
WED.	21.02.	Steady Run 1	na	1:00:00 @6:30 pace	9'200m	1:00:00	9'200m		
THU.	22.02.	Intervals	15:00 jogging	10x 1:30 @4:45 pace (2:00 jog recovery)	10x 310m	1:03:00	9'800m		
SAT.	24.02.	Steady Run 1	na	50:00 @6:30 pace	7'700m	0:50:00	7'700m		
SUN.	25.02.	Long Run	na	1:05:00 @6:40 pace	9'700m	1:05:00	9'700m		
TOTAL FOR WEEK 4:						3:58:00	36'400m		
WEEK 5		This week will see your first time trial over 4km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	27.02.	Intervals	15:00 jogging	8x 0:55 @4:35 pace (1:00 jog recovery)	8x 200m	0:45:00	6'500m		
WED.	28.02.	Steady Run 1	na	1:00:00 @6:30 pace	9'200m	1:00:00	9'200m		
THU.	01.03.	Steady Run 2	na	50:00 @6:10 pace	8'100m	0:50:00	8'100m		
SAT.	03.03.	Time Trial	10:00 jogging	Run 4km @5:00 pace	4'000m	0:40:00	7'000m		
SUN.	04.03.	Long Run	na	1:15:00 @6:50 pace	10'900m	1:15:00	10'900m		
TOTAL FOR WEEK 5:						4:30:00	41'700m		



WEEK 6		Keep building your endurance by following the plan closely.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	06.03.	Recovery Run	na	45:00 @7:00 pace	6'400m	0:45:00	6'400m		
WED.	07.03.	Steady Run 1	na	1:00:00 @6:30 pace	9'200m	1:00:00	9'200m		
THU.	08.03.	Tempo Run	15:00 jogging	1x 45:00 @5:40 pace	1x 7'900m	1:15:00	12'100m		
SAT.	10.03.	Steady Run 2	na	45:00 @6:10 pace	7'300m	0:45:00	7'300m		
SUN.	11.03.	Long Run	na	1:30:00 @6:50 pace	13'100m	1:30:00	13'100m		
TOTAL FOR WEEK 6:						5:15:00	48'100m		
WEEK 7		The biggest training week. Keep track of the total time and distances for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	13.03.	Steady Run 2	na	1:00:00 @6:10 pace	9'700m	1:00:00	9'700m		
WED.	14.03.	Steady Run 1	na	50:00 @6:30 pace	7'700m	0:50:00	7'700m		
THU.	15.03.	Intervals	15:00 jogging	7x 2:00 @4:45 pace (2:00 jog recovery)	7x 420m	0:56:00	8'800m		
SAT.	17.03.	Steady Run 1	na	1:00:00 @6:30 pace	9'200m	1:00:00	9'200m		
SUN.	18.03.	Long Run	na	1:45:00 @6:50 pace	15'300m	1:45:00	15'300m		
TOTAL FOR WEEK 7:						5:31:00	50'700m		
WEEK 8		Your second recovery week and time trial over 5km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	20.03.	Recovery Run	na	45:00 @7:00 pace	6'400m	0:45:00	6'400m		
WED.	21.03.	Intervals	15:00 jogging	8x 0:55 @4:35 pace (1:00 jog recovery)	8x 200m	0:45:00	6'500m		
THU.	22.03.	Rest Day				0:00:00	0m		
SAT.	24.03.	Time Trial	10:00 jogging	Run 5km @5:00 pace	5'000m	0:45:00	8'000m		
SUN.	25.03.	Steady Run 1	na	1:00:00 @6:30 pace	9'200m	1:00:00	9'200m		
TOTAL FOR WEEK 8:						3:15:00	31'300m		



WEEK 9		Your last hard training week. Make sure you recover well and stay healthy.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	27.03.	Steady Run 2	na	45:00 @6:10 pace	7'300m	0:45:00	7'300m		
WED.	28.03.	Steady Run 1	na	40:00 @6:30 pace	6'200m	0:40:00	6'200m		
THU.	29.03.	Tempo Run	15:00 jogging	1x 45:00 @5:40 pace	1x 7'900m	1:15:00	12'100m		
SAT.	31.03.	Steady Run 1	na	45:00 @6:30 pace	6'900m	0:45:00	6'900m		
SUN.	01.04.	Long Run	na	1:20:00 @6:50 pace	11'700m	1:20:00	11'700m		
TOTAL FOR WEEK 9:						4:55:00	44'200m		
WEEK 10		RACE WEEK: less is more to freshen up for the event on Sunday. GOOD LUCK!							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	03.04.	Steady Run 1	na	40:00 @6:30 pace	6'200m	0:40:00	6'200m		
WED.	04.04.	Intervals	15:00 jogging	8x 0:55 @4:35 pace (1:00 jog recovery)	8x 200m	0:45:00	6'500m		
THU.	05.04.	Rest Day				0:00:00	0m		
SAT.	07.04.	Recovery Run	na	30:00 @7:00 pace	4'200m	0:30:00	4'200m		
SUN.	08.04.	RACE DAY	10:00 jogging	Run 7km @5:00 pace or bit faster	7'000m	0:55:00	10'000m		
TOTAL FOR WEEK 10:						2:50:00	26'900m		

Congrats for completing the 10 week training plan. I hope you achieved your goal of running 7km in under 35 minutes.

Pat

[P.A.T.42.2 RUNNING](#)