Discovery
Vitality

TEAM VITALITY
TEAM VITALITY

TEAM VITALITY
10 KM TRAINING PROGRAMME

Introduction

At Team Vitality, we are always excited when you decide to take the bold step to run your first, best or most enjoyable 10 km. .

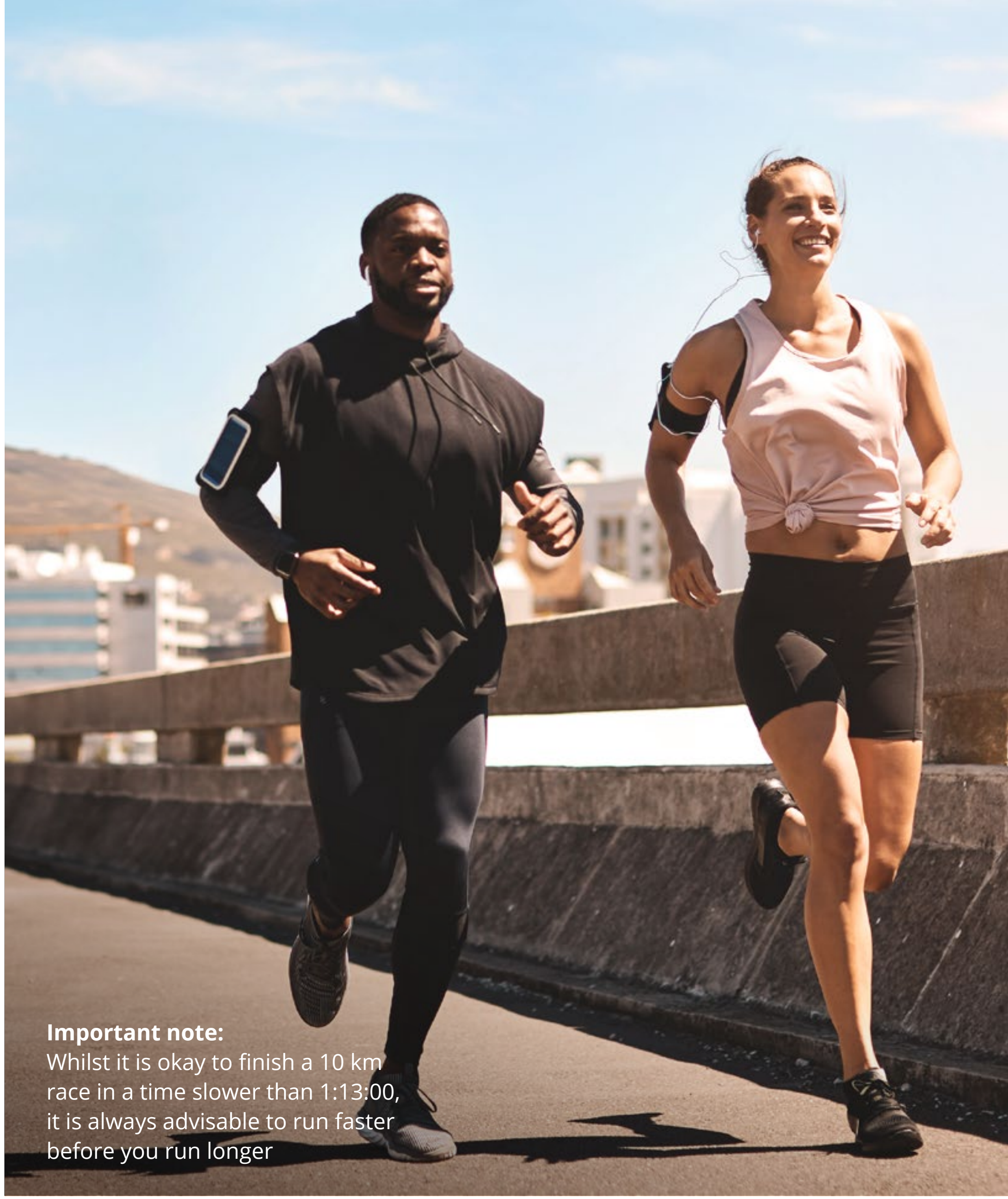
The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The 5 km times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for race day.
3. **Monthly training schedules**
4. **Cross-training:** Resource videos
5. **General notes**

1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners, those wanting to improve their 10 km times and 10 km novices. It is assumed that those using these guidelines have a running base of at least 10 km per week.

5km target times leading up to your 10 km	10 km target
21:00 to 21:30	43:00 to 48:00
23:30 to 26:00	48:00 to 53:00
26:00 to 28:30	53:00 to 58:00
28:30 to 31:00	58:00 to 1:03:00
31:00 to 33:30	1:03:00 to 1:08:00
33:30 to 36:00	1:08:00 to 1:13:00



Important note:
Whilst it is okay to finish a 10 km race in a time slower than 1:13:00, it is always advisable to run faster before you run longer

You need to have run two 5 km runs in the past 2 weeks based on the above targets. Using the above as an example, you should aim to run 5 km in under 36 minutes before you attempt to run 10 km. If you are starting out and have not run a 5 km yet, please try and participate in parkruns and get your body used to doing a 5 km.

Discovery Vitality (Pty) Ltd. Registration number: 1999/007736/07. Terms, conditions and limits apply.

2. Training paces (mins/km)

10 km target	Recovery pace	Comfortable pace	Race pace	Hills	5 km time trials
43:00 to 48:00	5:32 to 6:02	5:12 to 5:42	4:52 to 5:22	4:52 to 5:22	4:05 to 4:36
48:00 to 53:00	6:02 to 6:32	5:42 to 6:12	5:22 to 5:52	5:22 to 5:52	4:36 to 5:05
53:00 to 58:00	6:32 to 7.02	6:12 to 6:42	5:52 to 6:22	5:52 to 6:22	5:05 to 5:36
58:00 to 1:03:00	7:02 to 7:32	6:42 to 7:12	6:22 to 6:52	6:22 to 6:52	5:36 to 6:05
1:03:00 to 1:08:00	7:32 to 8:02	7:12 to 7:42	6:52 to 7:22	6:52 to 7:22	6:05 to 6:36
1:08:00 to 1:13:00	8:02 to 8:32	7:42 to 8:12	7:22 to 7:52	7:22 to 7:52	6:36 to 7:05

3. Weekly training schedule:

Week No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	3 km comfortable pace	Strength or Cross-training	5 km time trial or track	**REST**	3 km comfortable pace	6 km race pace	**REST**
2	3 km comfortable pace	Strength or Cross-training	5 km time trial or track	**REST**	3 km comfortable pace	7 km race pace	**REST**
3	4 km comfortable pace	Strength or Cross-training	5 km time trial or track	**REST**	3 km comfortable pace	8 km race pace	**REST**
4	4 km comfortable pace	Strength or Cross-training	**REST**	**REST**	**REST**	Rest/walk/stretch	**RACE DAY**

4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.

In this programme, we've included the following resource videos to help you:

- ▶ **BACK STRETCHES & EXERCISES**
- ▶ **CORE STRENGTH TIPS**
- ▶ **SQUAT TIPS**
- ▶ **LUNGE TIPS**
- ▶ **PLANK TIPS**
- ▶ **LOW IMPACT EXERCISES**
- ▶ **VITALITY AT HOME**

5. General notes

WEEKLY TRAINING

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
  - You can choose to rest on Day 3 and do your time trial or track session on Day 4.
  - You can run your weekend runs on Day 7. If Day 7 is your preferred day, then do the shorter recovery pace runs on day 6
  - Include a rest or recovery day after your race pace runs.
- ***Cross-training:*** Aim to do a 30 minute to 40 minute full-body workout on most of your sessions

We will continuously work on providing you opportunities of engagment and these will include online or in-person workshops, training runs at our various Champs Zones and pacing at some of our Vitality Run Series events and flagship races.

With the above, we hope to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

Team Vitality

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this training programme including, without limitation, workouts, training regimen or information.

RCK_106604DHV_17/09/2024_V1