

## Indigenous Marathon Foundation – 10km training guide (6 weeks)

If you're pretty comfortable with running 5km and want to take the next step, this training guide is for you. We do however recommend you take these few things into consideration:

- All sessions are easy jogging
- No huffing or puffing
- How do I gauge my pace? (Breathe, most beginners run way too fast and end up huffing and puffing...just go slower!)
- Keep arms relaxed and just shuffle along
- Get good shoes (We recommend ASICS, and have them fitted by a professional)
- Find a nice soft surface to run on, away from traffic and exhaust fumes
- Try and find someone the same pace, or slower, to run with once a week or more

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	2k	rest	3k	rest	3k	rest	3k
<b>Week 2</b>	2k	rest	3k	rest	3k	rest	5k
<b>Week 3</b>	2k	rest	5k	rest	3k	rest	6k
<b>Week 4</b>	2k	rest	5k	rest	3k	rest	7k
<b>Week 5</b>	2k	rest	5k	rest	3k	rest	5k
<b>Week 6</b>	2k	rest	5k	rest	2k	rest	<b>#RSI Festival – 10km</b>