PFM COACHING
PERPETUAL FORWARD MOTION

Pendine Sands Intermediate 10k (8 weeks)

Unlock Your Speed on the Sands The Official Pendine 10K Training Plan Ready to chase your own land speed record? Running the Pendine Sands 10K is unlike any other race experience. You aren't just running on a beach; you are racing on the "finest natural speedway imaginable"—a surface so firm and flat it has hosted legendary land speed record attempts for a century. This unique Single Out-and-Back Course presents a distinct mental and physical challenge. You will run straight down the coast, make one hairpin turn, and race straight back. The "Out-and-Back" Challenge The Wind Effect: You will likely face a headwind for exactly half the race and a tailwind for the other half. Knowing how to pace these two distinct "seasons" of the race is critical. The Horizon Trap: On a single loop, the turnaround point can feel deceptively far away. Mental focus is key to maintaining your pace when the scenery changes slowly.

Pendine Sands 10K Training Plan Guide

1. The RPE Scale (Rate of Perceived Exertion)

We use **RPE** to prescribe intensity. On the beach, wind and surface conditions change daily. Training by effort ensures you get the right workout every time.

Zone	RPE (1-10)	The "Talk Test"	Race Day Target
Recovery	**1-4**	Full conversation, laughing.	Warm-ups & Cool-downs.
Endurance	**5**	Full sentences.	Easy Runs.
Steady State	**6**	Short sentences.	-
Tempo	**7-8**	**A few words at a time.**	**TARGET 10K RACE PACE.**
VO2 Max	**9-10**	Grunts or single words.	Final Sprint only.

Your Race Day Strategy:

The 10K is run right at your Lactate Threshold (RPE 8). You are hovering on the edge of "too fast." It requires intense focus. You should be breathing hard but in a controlled rhythm.

2. Workout Glossary

- **Race Sim (Simulation):** Saturday runs designed to mimic the mental grind of the "Long Stretch." Find a flat road and practice holding pace without turns.
- **Tempo:** The bread and butter of 10K training. Sustained efforts at RPE 7-8 to build your ability to hold speed.
- **Strides:** 20-30 second bursts of fast running to improve neuromuscular coordination.

3. Warm-Up Protocols

- **Easy Runs:** Start very slow (RPE 3) for 10 mins. Let your body warm up naturally.
- **Tempo Days:**
    1. 10-15 min Easy Jog.
    2. **Dynamic Drills** (High Knees, Butt Kicks, Lunges).
    3. 4 x **Strides** (Required to prime legs for speed).

4. The "Pendine" Strength Routine

Perform 2x/week to armor your hips against the camber of the beach.

1. **Clamshells:** 15 reps per side.
2. **Side Leg Raises:** 15 reps per side.
3. **Single-Leg Balance:** 45 seconds per leg.

5. 10K Specific Tips

- **The Turnaround:** You have one sharp 180-degree turn. **Do not stop.** Shorten your steps, chop your feet, round the flag tight, and surge for 10 steps to regain speed.
- **The Wind Strategy:** Assess the wind at the start.
    - **Headwind First?** Relax. Run 10 sec/mile slower than goal pace. You will make it up on the way back.
    - **Tailwind First?** Bank energy, not time. Don't go out too fast or the return journey will crush you.

- **The Visual Trap:** The turnaround flag will look tiny for a long time. Don't stare at it. Focus on your form and breathing.

Week 1 (3:42)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 30 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:32m

Wednesday

Running
Tempo
This workout consists of a warm-up, drills, a tempo effort, and a cool-down.

1. Warm Up: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilisers.
3. Tempo Effort: Run for 35 minutes at an RPE of 7-8 (Red Zone). Comfortably hard, short sentences only.
4. Cool Down: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).

01h:00m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
- **Clamshells:** 15 reps per side.
- **Side Leg Raises:** 15 reps per side.
- **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Long Stretch Sim
This workout focuses on simulating long, straight stretches to help you practice maintaining a steady rhythm without frequent turns. It consists of a warm-up, steady effort, and cool-down walk.

1. Warm Up: Easy, conversational effort for 10 minutes. This falls into the green zone (zones 1 & 2).
2. Steady Effort - Focus on rhythm: The Long Stretch. These Saturday runs mimic the mental grind of a long, straight path. Find a long flat road or trail and practice holding pace without frequent turns for 30 minutes at a consistent RPE of 6. This falls into the amber zone (Zone 3).
3. Cool Down Walk: Easy walk to cool down for 5 minutes at RPE 1-3. This falls into the green zone (zones 1 & 2).

00h:45m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 45 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:45m

Week 2 (3:55)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 30 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:32m

Wednesday

Running
Speed Intervals
The workout is designed to improve your speed and endurance with structured intervals. Begin with a warm-up to prepare your muscles, followed by dynamic drills to activate key muscle groups. The main set consists of repeated fast-paced efforts with recovery periods in between. Finish with a cool-down to aid recovery.

1. Warm Up: Easy jog for 10 minutes at a conversational pace (RPE 3-5, Green).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilizers.
3. Repeat 8 times:
   - Efforts: Run at a fast pace for 2 minutes (RPE 9, Red).
   - Recovery: Gentle jog or walk for 1 minute 30 seconds (RPE 1-3, Green).
4. Cool Down: Gentle jog for 10 minutes (RPE 1-5, Green).

00h:53m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Strength
Strength

- **Clamshells:** 15 reps per side.
- **Side Leg Raises:** 15 reps per side.
- **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Long Stretch Sim
This workout focuses on simulating long, straight stretches to help you practice maintaining a steady rhythm without frequent turns. It consists of a warm-up, steady effort, and cool-down walk.

1. Warm Up: Easy, conversational effort for 10 minutes. This falls into the green zone (zones 1 & 2).
2. Steady Effort - Focus on rhythm: The Long Stretch. These Saturday runs mimic the mental grind of a long, straight path. Find a long flat road or trail and practice holding pace without frequent turns for 40 minutes at a consistent RPE of 6. This falls into the amber zone (Zone 3).
3. Cool Down Walk: Easy walk to cool down for 5 minutes at RPE 1-3. This falls into the green zone (zones 1 & 2).

00h:55m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 50 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:50m

Week 3 (4:32)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 35 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:37m

Wednesday

Running
Tempo
This workout consists of a warm-up, drills, a tempo effort, and a cool-down.

1. Warm Up: Easy jog for 15 minutes at an RPE of 3-5 (Green Zone).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilisers.
3. Tempo Effort: Run for 40 minutes at an RPE of 7-8 (Red Zone). Comfortably hard, short sentences only.
4. Cool Down: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).

01h:10m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Strength
Strength

- **Clamshells:** 15 reps per side.
- **Side Leg Raises:** 15 reps per side.
- **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Long Stretch Sim
This workout focuses on simulating long, straight stretches to help you practice maintaining a steady rhythm without frequent turns. It consists of a warm-up, steady effort, and cool-down walk.

1. Warm Up: Easy, conversational effort for 10 minutes. This falls into the green zone (zones 1 & 2).
2. Steady Effort - Focus on rhythm: The Long Stretch. These Saturday runs mimic the mental grind of a long, straight path. Find a long flat road or trail and practice holding pace without frequent turns for 45 minutes at a consistent RPE of 6. This falls into the amber zone (Zone 3).
3. Cool Down Walk: Easy walk to cool down for 5 minutes at RPE 1-3. This falls into the green zone (zones 1 & 2).

01h:00m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 60 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:00m

Week 4 (2:38)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone).

1. Run for 30 minutes at an RPE of 3 to 5.

00h:30m

Wednesday

Running
Speed Intervals
The workout is designed to improve your speed and endurance with structured intervals. Begin with a warm-up to prepare your muscles, followed by dynamic drills to activate key muscle groups. The main set consists of repeated fast-paced efforts with recovery periods in between. Finish with a cool-down to aid recovery.

1. Warm Up: Easy jog for 15 minutes at a conversational pace (RPE 3-5, Green).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilizers.
3. Repeat 9 times:
   - Efforts: Run at a fast pace for 2 minutes (RPE 9, Red).
   - Recovery: Gentle jog or walk for 1 minute 30 seconds (RPE 1-3, Green).
4. Cool Down: Gentle jog for 10 minutes (RPE 1-5, Green).

01h:01m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 40 minutes at an RPE of 3-5 (conversational pace).

00h:40m

Strength
Strength

- **Clamshells:** 15 reps per side.
- **Side Leg Raises:** 15 reps per side.
- **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Sunday

Running
Time Trial
This workout consists of a warm-up, strides, a 5k time trial, and a cool down. The warm-up is designed to ease you into the session. The strides segment involves repeated intervals of controlled bursts of fast running followed by recovery periods. The 5k time trial should be run at race effort on flat terrain, aim to run each mile faster than the one before. Finally, the cool down helps to bring your body back to a resting state.

1. Warm Up: Easy warm up for 10 minutes at a conversational pace (Green zone, RPE 3-5).
2. Strides: Repeat the following 4 times:
   - Stride Work Phase: A controlled 20-30 second burst of fast running, building speed for 5-10 seconds, holding peak pace for 10-15 seconds, and gradually coasting to a stop (Red zone, RPE 8-9).
   - Strides Recovery Phase: Walk or very gentle jog recovery back to start (Green zone, RPE 1-3).
3. Race Effort: 5k Time Trial - Run this as a race effort on flat road (Red zone, RPE 8-10).
4. Cool Down: Walking recovery to cool down for 5 minutes at an easy pace (Green zone, RPE 1-3).

00h:17m ~ 3.1 miles

Week 5 (4:42)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength

- **Clamshells:** 15 reps per side.
- **Side Leg Raises:** 15 reps per side.
- **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Tempo
This run workout is designed to help you improve your endurance, speed, and lactate threshold. The workout is composed of four structured steps, including a warm-up, repeated strides, a tempo run, and a cool-down. Follow the steps below to ensure effective execution of the workout.

1. Warm Up: Start with an easy warm-up for 15 minutes. Maintain a conversational pace (Green Zone, RPE 3-5). This phase prepares your body for the upcoming workout.

2. Strides: Perform 4 sets of strides, each consisting of a 20-30 second burst of fast running. Build speed gradually for 5-10 seconds, hold peak pace at 85-95% effort for 10-15 seconds, and coast to a stop over the final few seconds (Red Zone, RPE 8-9). After each stride, recover by walking or jogging back to the start (Green Zone, RPE 1-3).

3. Tempo: Run at a comfortably hard pace for 45 minutes. You should be able to speak only in short sentences during this phase (Amber Zone, RPE 7-8). This phase targets your lactate threshold.

4. Cool Down: Finish with an easy effort for 15 minutes, maintaining a conversational pace (Green Zone, RPE 3-5). This phase helps your body recover and transition back to a resting state.

01h:17m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Progression Run
This workout is designed to progressively increase intensity, starting from a gentle warm-up, moving through a steady effort, and finishing with a cool-down. It is ideal for building aerobic base and mental resilience.

1. Gentle warm-up: Very easy effort to warm up for 10 minutes.. Target RPE: 2-3 (Green - Easy to talk).
2. Easy Effort: Conversational pace for aerobic base building for 30 minutes. Target RPE: 3-5 (Green - Conversational).
3. Steady Effort: Just above easy, focused but sustainable effort for mental hardening for 30 minutes. Target RPE: 6 (Amber - 5-7 words between breaths).
4. Cool Down: Walk to cool down for 5 minutes. Target RPE: 1-3 (Green - Easy to talk).

01h:15m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 60 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:00m

Week 6 (4:38)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Strength
Strength
- **Clamshells:** 15 reps per side.
- **Side Leg Raises:** 15 reps per side.
- **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Speed Intervals
This running workout is designed to improve speed and endurance through a series of structured intervals. The workout begins with a warmup, followed by stride intervals, max effort intervals, and concludes with a cooldown. The workout utilizes the traffic light system, with green for easy runs, amber for moderate efforts, and red for hard efforts.

1. Warmup: Start with a warmup of 15 minutes at a long endurance pace (RPE 3-5, Green). This should feel conversational and prepare your body for the workout ahead.

2. Stride Intervals: Perform 4 sets of strides.
  - Each stride involves a controlled, 20–30 second burst of fast running, gradually increasing speed, holding peak pace (RPE 8-9, Red) for 10-15 seconds, then gradually slowing down.
  - Recover by walking or very gentle jogging back to the start (RPE 1-3, Green).

3. Fast Effort Intervals: Complete 10 sets of fast effort intervals.
  - Each interval consists of 2 minutes of fast effort running (RPE 9, Red).
  - Recover with 1 minute and 30 seconds of very easy jogging (RPE 1-3, Green).

4. Cooldown: Finish with a very easy jog for 15 minutes (RPE 1-5, Green). This will help your body recover and transition to a resting state.

01h:07m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Race Pace
This workout is designed to help you practice race pace while incorporating strides for improved running mechanics. Ensure you follow each step closely to get the most out of your training session.

1. Warm Up: Start with an easy warm-up for 10 minutes at an RPE of 3-5 (Green), which means it should be conversational.
2. Strides: Perform two sets of strides. Each stride consists of a controlled burst of fast running for 30 seconds, gradually increasing speed to a peak pace for 10-15 seconds and then coasting to a stop, at an RPE of 8-9 (Red). Recover by walking or very gentle jogging back to the start, at an RPE of 1-3 (Green).
3. Race Pace Tempo: Practice locking into race pace for 40 minutes at an RPE of 7-8 (Red). This should feel challenging but sustainable.
4. Cool Down: Finish with an easy effort cooldown for 10 minutes at an RPE of 3-5 (Green), allowing your body to gradually return to a resting state.

01h:01m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 70 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:10m

Week 7 (4:23)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone).

1. Run for 30 minutes at an RPE of 3 to 5.

00h:30m

Wednesday

Running
Tempo
This run workout is designed to help you improve your endurance, speed, and lactate threshold. The workout is composed of four structured steps, including a warm-up, repeated strides, a tempo run, and a cool-down. Follow the steps below to ensure effective execution of the workout.

1. Warm Up: Start with an easy warm-up for 15 minutes. Maintain a conversational pace (Green Zone, RPE 3-5). This phase prepares your body for the upcoming workout.

2. Strides: Perform 4 sets of strides, each consisting of a 20-30 second burst of fast running. Build speed gradually for 5-10 seconds, hold peak pace at 85-95% effort for 10-15 seconds, and coast to a stop over the final few seconds (Red Zone, RPE 8-9). After each stride, recover by walking or jogging back to the start (Green Zone, RPE 1-3).

3. Tempo: Run at a comfortably hard pace for 50 minutes. You should be able to speak only in short sentences during this phase (Amber Zone, RPE 7-8). This phase targets your lactate threshold.

4. Cool Down: Finish with an easy effort for 10 minutes, maintaining a conversational pace (Green Zone, RPE 3-5). This phase helps your body recover and transition back to a resting state.

01h:17m

Thursday

Running
Easy
This workout is designed to provide an easy run with a focus on endurance. It is a conversational effort (Green zone).

1. Run for 30 minutes at an RPE of 3 to 5.

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Race Pace
This workout focuses on practicing race pace and includes a warm-up, strides, race pace tempo, and cool down. Follow the steps below:

1. Warm Up: Start with an easy warm-up for 10 minutes at a conversational pace (Green effort, RPE 3-5).

2. Strides: Perform 2 sets of strides. Each stride is a controlled, 20-30 second burst of fast running following a bell curve intensity. Build speed for 5-10 seconds, hold a peak pace of 85-95% effort for 10-15 seconds, and gradually coast to a stop over the final few seconds (Red effort, RPE 8-9). Recover by walking or very gentle jogging back to the start (Green effort, RPE 1-3).

3. Race Pace Tempo: Practice locking into race pace for 30 minutes at a challenging but sustainable pace (Amber effort, RPE 7-8).

4. Cool Down: Walk for 5 minutes to cool down (Green effort, RPE 1-3).

00h:46m

Sunday

Running
Steady (Taper Starts)
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 80 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:20m

Week 8 (0:54)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Easy & Strides This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner. 1. Begin with an easy run for 20 minutes at a conversational pace (Green Zone, RPE 3-5). 2. Perform 4 sets of strides: a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds. b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3). 00h:22m	**Running** Shakeout **RPE:** 4/10 Light to Moderate This workout is a shakeout run designed to keep the legs fresh with a light intensity level. The focus is on recovery, ensuring you stay within the easy zones and maintain a conversational pace. 1. Easy run: 15 minutes at RPE 3-5 (Green zone). 00h:15m	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Pendine Sands 10k This workout is designed to prepare you for a race event with a structured warm-up, stride intervals, race effort, and a cool-down. 1. Warm Up: Begin with an easy warm-up for 10 minutes, maintaining a conversational pace in Zone 2 (Green effort). 2. Stride Intervals: Perform 4 repetitions of strides. Each stride consists of a 30-second burst of fast running, building speed for 5–10 seconds, holding peak pace (Zone 4, Red effort) for 10–15 seconds, and gradually coasting to a stop. Recover by walking or jogging gently (Zone 1, Green effort). 3. Race Day: Execute the race effort over a distance of 6.2 miles (10 km), pushing yourself to your maximum capability in Zone 4-5 (Red effort). Have fun and good luck! 4. Cool Down: Finish with a 5-minute walking recovery to cool down and help your body transition to rest (Zone 1, Green effort). 00h:17m ~ 6.2 miles