

# TEMPOFIT

## 6 - WEEK TRAINING PLAN

*Autumn*  
2017

Making the most a TempoFit season isn't just about making it to three TempoFit workouts each week. That's great but we can also top up our training with other runs or cross training throughout the week. Additionally, it's important that we take strategic rest days to allow our bodies to recover—remember that it's the rest after a workout that makes us fitter.

Before beginning this plan please look over the tips and definitions on page two.

### KEY:

**TempoFit Sessions**

**TempoFit Time Trial/Race**

### 10K PLAN

Assumes your current long runs are 8k or more.

*TIP: Feeling niggly or fatigued? Take a day or two off running. It won't hurt. Better to miss a few days than a few weeks from injury.*

*NOTE: If your TempoFit workouts fall on Tuesday (TLC) or Wednesdays (Accelerate) just shift around the rest/easy days to suit but always aim to have a very easy or rest day before a time trial and have an easy/rest day between tough TempoFit workouts.*

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8 MAY</b> <i>Time Trial + Taper Week</i>	<b>TempoFit Session: TLC</b> 4x200m	Rest day, x-train or easy	Rest day or very easy	<b>TempoFit Session: ACCEL</b> 5k TT	STRONG or easy + foam rolling	Rest day, x-train or easy	<b>TempoFit Session: LSD</b> Distance: 8k
<b>ACTUAL</b> <i>Record times, distances and notes.</i>							
<b>15 MAY</b> <i>Build Week</i>	<b>TempoFit Session: TLC</b> 6x100m	Rest day or easy + foam rolling	Medium length run or x-train	<b>TempoFit Session: ACCEL</b> 15min Tempo @ Lactate Threshold (L) + 2-4x 1k @ 10k pace	STRONG + rest day	Rest day, x-train or easy	<b>TempoFit Session: LSD</b> Distance: 9k
<b>ACTUAL</b> <i>Record times, distances and notes.</i>							
<b>22 MAY</b> <i>Build Week</i>	<b>TempoFit Session: TLC</b> 6x1min @ VO2max	Rest day, x-train or easy	Medium length run or x-train	<b>TempoFit Session: ACCEL</b> 35min Tempo @ Lactate Threshold (L)	STRONG + rest day or easy	Rest day, x-train or easy	<b>TempoFit Session: LSD</b> Distance: 10k
<b>ACTUAL</b> <i>Record times, distances and notes.</i>							
<b>29 MAY</b> <i>Build Week</i>	<b>TempoFit Session: TLC</b> Drills Circuit	Rest day or easy + foam rolling	Medium length run or x-train	<b>TempoFit Session: ACCEL</b> Progression Run: 15mins @ half, 10mins @ 10k, 5mins @ 5k pace.	STRONG + rest day or easy	Rest day, x-train or easy	<b>TempoFit Session: LSD</b> Distance: 11k
<b>ACTUAL</b> <i>Record times, distances and notes.</i>							

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**TEMPOFIT.ORG**

For a personalised training plan please visit [tempofit.org/plans](http://tempofit.org/plans)



<b>5 JUN</b> <i>Taper</i>	<b>TempoFit</b> <b>Session: TLC</b> 1k @ Race Pace + 4x 200m	Rest day, x-train or easy	STRONG + rest day or easy	<b>TempoFit</b> <b>Session: ACCEL</b> 5k TT	Medium length run or rest day	Rest day, x-train or easy	<b>TempoFit</b> <b>Session: LSD</b> Distance: 7k
<b>ACTUAL</b> <i>Record times, distances and notes.</i>							
<b>12 JUN</b> <i>Race Week</i>	<b>TempoFit</b> <b>Session: ACCEL</b> 20mins @ Race Pace	STRONG + x-train or easy	Rest day	<b>TempoFit</b> <b>Session: TLC</b> 5x200m	Easy run or rest + STRONG + foam rolling	Rest day	<b>WELLINGTON</b> <b>MARATHON:</b> <b>10k</b> <i>You got this!!!</i>
<b>ACTUAL</b> <i>Record times, distances and notes.</i>							

## TIPS & DEFINITIONS

**Runs Per Week:** The number of runs you do per week totally depends on what your body is used to. The general thought for TempoFit is that adding one more easy run (50mins max.) to what you have been doing pre-season should be safe, but always keep at least one full rest day per week.

**Easy:** Run at a pace at which you could hold a conversation the whole way (so may include walks). These runs should be no longer than 50mins total.

**Sunday LSD:** Long, social and scenic distance run. The easy pace of this run builds aerobic endurance and also prepares the body for longer races like half and full marathons. The distance you do for this run totally depends on what you have done recently. Use your longest run in the past three weeks (LR) to calculate each weekend's long run distance. NOTE: The above recommendations may vary depending on your goal.

**Hills:** When running easy over hilly terrain aim to keep your heart rate to where it is when running on the flat and run to time not GPS distance.

**Rest:** Take the day off from vigorous, load-bearing exercise. This is a good day for a gentle walk, foam rolling (FR) or yoga.

**X-train:** Some form of non-running exercise that will help develop aerobic fitness (swimming, cycling, aqua jogging etc).

**STRONG:** Core and conditioning exercises that particularly target glutes, hamstrings, hips, calves and abs. See [tempofit.org/strong](http://tempofit.org/strong) for weekly videos.

**TLC:** TempoFit technique and conditioning session. Includes: 12mins warm up jog, drills, shorter fast running focusing on technique, 10mins warm down jog, and core and conditioning. Distance run = 5-8km (feel free to add on more before or after).

**ACCELERATE:** TempoFit ACCELERATE sessions include 12mins jog warm up, possibly some drills and dynamic stretches, a running workout (usually intervals or tempo run), 10mins jog warm down, and stretches. Distance run = 8-13km (feel free to add on more before or after).

***“The miracle isn’t that I finished.  
The miracle is that I had the courage to start.”***