

8 week 10km Programme (8 weeks)

An 8 week programme building up to the Hawaiian Airlines 10km event. This has the option of easy cycling, swimming, and restorative sessions to blend in with the 3-4 runs a week.

EVERFIT Coaching Philosophy - Blend the training in around life so it doesn't add to the stress load. If possible organise to complete sessions with good training buddies out in the beautiful environment. Enjoy the training journey!

Please feel free to connect with EVERFIT coaching on FACEBOOK (www.facebook.com/everfitcoaching), Instagram ([everfitcoaching](https://www.instagram.com/everfitcoaching)), and online (www.everfit.co.nz)

Happy Training,

Brad Dixon (EVERFIT Coach & Physiotherapist)

Week 1 (4 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--|
| <p>Swim 1700m Lap Swimming Speed 400m warm up mix stroke 4 x 50m drill (one arm, fist closed, side kick, head up) 100m EASY 8 x 100m descending (getting faster 1-4 and again 5-8) with 30sec rest. (TAKE times for 4th and 8th 100m) 100m kick fins (if have some) 100m warm down.</p> <p>1700m 00h:45m</p> | <p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Schedule in some mild rises and descents in middle of run.</p> <p>5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 3 x 4min on the flat MODHARD / your 10km race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:40m View Video</p> | <p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 10min. The focus is too spin the legs to aid recovery for the weekend. 00h:45m</p> | <p>LSD (Long Slow Distance) Run with Hills Running Aerobic/Strength Endurance - laying the platform 5-10min warm up EASY on FLAT Then build into STEADY rhythm over varied terrain (no excessively STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming heavy. FOCUS is STRENGTH and AEROBIC endurance - your HR should NOT go into HARD zone even at the end of a climb. 5-10min warm down EASY with some side to side and backwards running to offload. 00h:45m</p> | <p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p> |

Week 2 (4 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|
| <p>Swim 1700m Lap Swimming Speed 400m warm up mix stroke 4 x 50m drill (one arm, fist closed, side kick, head up) 100m EASY 8 x 100m descending (getting faster 1-4 and again 5-8) with 30sec rest. (TAKE times for 4th and 8th 100m) 100m kick fins (if have some) 100m warm down.</p> <p>1700m 00h:45m</p> | <p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Schedule in some mild rises and descents in middle of run.</p> <p>5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:35m</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 4min on the flat MODHARD / your 10km race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p> | <p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 10min. The focus is too spin the legs to aid recovery for the weekend. 00h:45m</p> | <p>LSD Run with Hills Running Aerobic/Strength Endurance - laying the platform 5-10min warm up EASY on FLAT Then build into STEADY rhythm over varied terrain (no excessively STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming heavy. FOCUS is STRENGTH and AEROBIC endurance - your HR should NOT go into HARD zone even at the end of a climb. 5-10min warm down EASY with some side to side and backwards running to offload. 00h:55m</p> | <p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p> |

Week 3 (4 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|
| <p>EASY run with good stretching afterwards. Running EASY run 5min EASY warm up, then build into a STEADY pace over any terrain you want. Arrange to meet up with some mates. Spend 5-10min afterwards stretching. 00h:30m</p> | <p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Schedule in some mild rises and descents in middle of run. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 4min on the flat MODHARD / your 10km race pace with 1min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p> | <p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 10min. The focus is too spin the legs to aid recovery for the weekend. 00h:45m</p> | <p>LSD Run with Hills Running Aerobic/Strength Endurance - laying the platform 5-10min warm up EASY on FLAT Then build into STEADY rhythm over varied terrain (no excessively STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming heavy. FOCUS is STRENGTH and AEROBIC endurance - your HR should NOT go into HARD zone even at the end of a climb. 5-10min warm down EASY with some side to side and backwards running to offload. 01h:05m</p> | <p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p> |

Week 4 (4 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|
| <p>Swim 1700m Lap Swimming Speed 400m warm up mix stroke 4 x 50m drill (one arm, fist closed, side kick, head up) 100m EASY 8 x 100m descending (getting faster 1-4 and again 5-8) with 30sec rest. (TAKE times for 4th and 8th 100m) 100m kick fins (if have some) 100m warm down.</p> <p>1700m 00h:45m</p> | <p>Cruisy Form Focused Run (Strength phase) Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip. Schedule in some mild rises and descents in middle of run.</p> <p>5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 2 x 4min on the flat MODHARD / your 10km race pace with 1-2min EASY jog inbetween - AIM for upright running stance and light feet. 10min STEADY - EASY wd with side to sides, and backwards running. 00h:30m View Video</p> | <p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 10min. The focus is too spin the legs to aid recovery for the weekend. 00h:45m</p> | <p>LSD Run with Hills Running Aerobic/Strength Endurance - laying the platform 5-10min warm up EASY on FLAT Then build into STEADY rhythm over varied terrain (no excessively STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming heavy. FOCUS is STRENGTH and AEROBIC endurance - your HR should NOT go into HARD zone even at the end of a climb. 5-10min warm down EASY with some side to side and backwards running to offload. 00h:40m</p> | <p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p> |

Week 5 (5 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|--|--|
| <p>Swim 1700m Lap Swimming Speed 400m warm up mix stroke 4 x 50m drill (one arm, fist closed, side kick, head up) 100m EASY 8 x 100m descending (getting faster 1-4 and again 5-8) with 30sec rest. (TAKE times for 4th and 8th 100m) 100m kick fins (if have some) 100m warm down.</p> <p>1700m 00h:45m</p> | <p>Cruisy Form Focused Run Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and lovely heel kick.</p> <p>5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 6 x 2min HARD (faster than 10km pace) with 1min 30sec EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:45m View Video</p> | <p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 10min. The focus is too spin the legs to aid recovery for the weekend. 00h:45m</p> | <p>LSD Run Running Aerobic Endurance - laying the platform 5min wu EASY Then build into STEADY rhythm over flat terrain. The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming heavy. 4 x 30sec uptempo (5km pace) with 30sec EASY inbetween 5min wd EASY with some side to side and backwards running to offload. 01h:05m</p> | <p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p> |

Week 7 (4 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--|
| <p>Swim 1700m Lap Swimming Speed 400m warm up mix stroke 4 x 50m drill (one arm, fist closed, side kick, head up) 100m EASY 8 x 100m descending (getting faster 1-4 and again 5-8) with 30sec rest. (TAKE times for 4th and 8th 100m) 100m kick fins (if have some) 100m warm down.</p> <p>1700m 00h:45m</p> | <p>Cruisy Form Focused Run Running EASY run focussing on relaxed form. EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and lovely heel kick.</p> <p>5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:40m</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 6 x 2min HARD (faster than 10km pace) with 1min EASY jog inbetween - AIM for upright running stance and light feet. 15min STEADY - EASY wd with side to sides, and backwards running. 00h:40m View Video</p> | <p>EASY cycle Cycling RECOVERY 10min EASY spin, then get into a STEADY rhythm over varied terrain, before easing back to EASY spin for final 10min. The focus is too spin the legs to aid recovery for the weekend. 00h:45m</p> | <p>Long Controlled Run Running Aerobic Endurance - Laying the platform 5min warm up EASY Then build into STEADY rhythm over varied terrain (no STEEP hills please unless able to keep HR under control). The focus is on a pace that is sustainable for the entire time without losing form or breathing becoming too laboured. 5 min warm down EASY with some side to side and backwards running to offload and aid recovery. 00h:40m</p> | <p>REST DAY/family day Rest Rest and adaptation The rest and recovery is an important part of the programme. It allows the body to absorb the training and adapt. You can still stretch, and do some core work. 00h:00m</p> |

Week 8 (4 hours)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|---|
| <p>Swim - Restorative EASY Lap Swimming Restoration, technique, efficiency. 600m wu EASY every 4th length NOT free 8 x 50m drill (one arm, head up, kick on side, fists) 600m SLOW 2,3,5 breathing every 50m (focus on head down, whole body rotation, and pushing back past the hip) MAKE every stroke a masterpiece :) 200m kick fins 100m wd mix stroke. 00h:45m</p> | <p>Speed Run Running Anaerobic Session 10min wu EASY - STEADY with some side to sides, high knees and butt kicks for short bursts. 4 x 1 min HARD (faster than 10km pace) with 1min EASY jog inbetween - AIM for upright running stance and light feet. 10min STEADY - EASY wd with side to sides, and backwards running. 00h:30m View Video</p> | <p>Restorative session :Body Balance, Pilates or Yoga Class Core Core, stretch, Tai Chi. Good warm up and engage in meditation (if part of class). Stay within capacity and stretch well. This type of restorative session will help with training absorption and prevent injuries. 01h:00m</p> | <p>Cruisy Form Focused Run with 4 x 1min "uptempo" Running EASY run with race uptempo EASY warm up building to low STEADY intensity, FOCUS is on Upright posture, short meaningful strides, feet landing directly under hip, and lovely heel kick. 4 x 1min building to race pace with 30sec EASY glide in-between. 5min warm down to EASY including side to side, thread the needle, and backwards jogging to loosen the supporting muscles, and change the plane of movement and loosen the hip joints. 00h:30m</p> | <p>Pre Race Planning and Positive Thoughts Custom Pre Race Prep Make sure you have a good idea of the course and where drink stations are situated. Have an idea of what pace you want to go out at (the previous 8 weeks training will give you a good idea). You have done the best you could with the training over the past 8 weeks - ENJOY the race! 00h:00m</p> | <p>Hawaiian Airlines Mt. Maunagnui 10km Race RACE Warm up with 5min of jogging, then 4 x 100m uptempo at 10km pace. Keep moving in starting chute before the start. The first 3km is VITAL to stick your planned RACE pace (you will feel good so back off!:) to set up the day. Hold form as the race goes on. For the last 3km think "upright posture" "stay tall" "light feet" "don't sink". ENJOY the beautiful views. 00h:50m</p> | <p>Recover and Reflect Custom Reflection and learnings. Do 20min of EASY activity that your body feels like the day following the race. I tend to cycle or swim if the race had a running component. Then complete 15min full body stretching eg yoga or just static stretching. Please also note down 3 things that went well and 3 aspects to improve on for your learning. 00h:45m</p> |