

# THE DRY RUN

## 10KM TRAINING PLAN EXPERIENCED



Before starting this program you should be running around 2 to 3 hours per week, which includes a long run of around one hour.

This program is for runners preparing for a hilly 10km trail race and is tailored to get you ready for The Dry Run.

### COACH'S NOTES:

**WARM UP AND COOL DOWNS.** Workouts always have a 10 minute warm up, drills & strides, as well as a 10 minute cool down. Warm ups and cool downs should be run very easy. You should be able to hold a full conversation. If at the end of completing a warm up you feel any pain or have a niggle, then the workout should not be completed. Workouts to be completed on a flat road or grass, unless specified otherwise.

**DRILLS** are movements like A/B/C skips, side shuttles, grapevines, leg swings, high knees, fast feet. Completing these regularly will help improve running technique, as well as ensure muscles are activated before starting a workout.

**STRIDES** are around 60m to 100m in length. They are sometimes called run throughs or accelerations. A stride is not a sprint, rather you increase speed as you go and focus on having good form and being in control. Walk or have a rest for as long as you need in between each stride. They can also be completed uphill.

**TEMPO RUNS** should be run at a pace you can hold for 40mins to 1hr. It is not flat out. You should be huffing and puffing, but not red lining. You should be able to speak in single words only, not sentences.

**LONG RUN.** The weekend long run is the most important run of the week and should be completed on trails that are similar to race day. The Dry Run is 10km with 399m of elevation/ climbing/ hills, which works out to be around 200m of elevation per 5km. This can be a good goal for when your long runs move to the trails to ensure you are getting enough elevation.

Wear your vest full of the race mandatory gear. Your long run is a time to test out gear for race day and practice race day nutrition. Take notes of nutrition that works, gear that works and what doesn't. This will help you prepare for race day.

Your long run should be run at an easy pace and you should be able to hold a conversation. Think of it as time on feet but try not to stop your watch and spend too long standing around. Long runs are completed to time and not distance. Chasing distance does not take into account hills, conditions, and tests your ability to recover rather than giving you a specific training benefit. Over training is prevalent in trail and ultra so be conscious to not fall down this rabbit hole.

**REST DAYS** should have sleep and food prioritised as these are the best recovery tools. Resting is training and rest days are when your body can absorb and adapt to the training taking place. Don't skip rest.

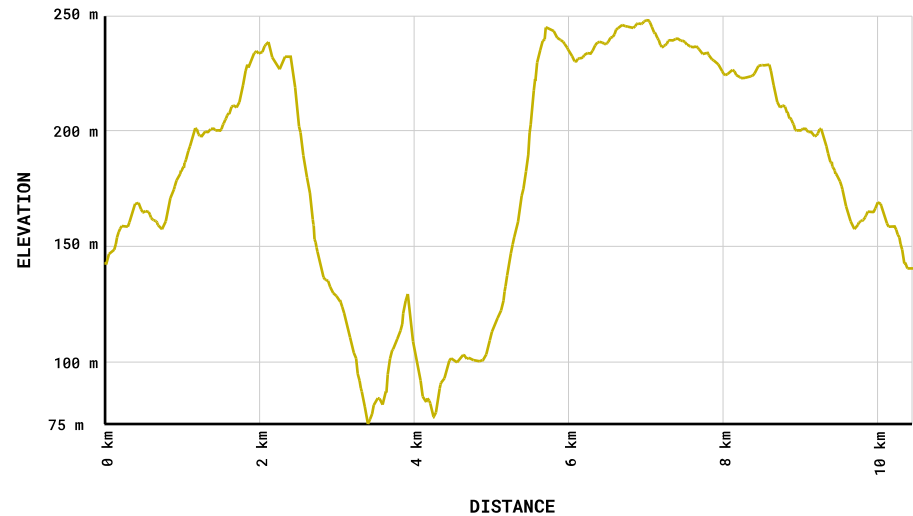


TRAIN ON COURSE



TRAIN ON COURSE

### THE DRY RUN, 10KM



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### DISCLAIMER

These training programs are intended as a general guide only and may not be suited to everyone. They should not replace advice from your healthcare providers and the use of these programs as a training tool will be at solely your own risk and discretion. Always take your individual health, safety and circumstances into consideration before following any portion of the programs.

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**COACH'S NOTES, WK1 – 4:**

Focus on getting into a good routine this four week block. Take runs a bit easier and don't force anything. You need to store up motivation for later in the training block so don't use it all now.

Week 4 is a de-load week so the volume comes down to let your body recover.



TRAIN ON COURSE

Check out The Guzzler's training resources online for race-day specific training loops that'll best prepare you for a great day out!

|                         |        | MON  | TUE   | WED  | THU                                   | FRI  | SAT   | SUN                   |
|-------------------------|--------|------|---|------|---------------------------------------|------|---|-----------------------|
| ENDURANCE BASE BUILDING | WEEK 1 | REST | <b>EASY</b><br>40mins<br>+ 4x strides   | REST | <b>EASY</b><br>30mins<br>+ 4x strides | REST | <b>LONG</b><br>45mins   | REST                  |
|                         | WEEK 2 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>6x(1min hard,<br>1min jog recovery) /<br>Cool down 10mins   | REST | <b>EASY</b><br>30mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr  | REST                  |
|                         | WEEK 3 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>5x(2min hard,<br>90secs jog recovery) /<br>Cool down 10mins | REST | <b>EASY</b><br>30mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr 15mins   | REST                  |
|                         | WEEK 4 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>3x(3min hard,<br>3mins jog recovery) /<br>Cool down 10mins  | REST | <b>EASY</b><br>30mins<br>+ 4x strides | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides<br>/ parkrun /<br>Cool down 10mins | <b>EASY</b><br>45mins |

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**COACH'S NOTES, WK5 – 8:**

The volume increases in this block. If you can try to get on trails or hilly roads for the weekend long run. If you need to hike a climb, hike.

Week 8 is a de-load week so the volume comes down to let your body recover.



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|                 |        | MON  | TUE   | WED  | THU                                   | FRI  | SAT   | SUN                   |
|-----------------|--------|------|---|------|---------------------------------------|------|---|-----------------------|
| BUILDING VOLUME | WEEK 5 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>3x(1km hard 90secs jog or<br>walk recovery), 3x(200m hard<br>90secs jog or walk recovery)<br>/ Cool down 10mins | REST | <b>EASY</b><br>40mins<br>+ 4x strides | REST | <b>LONG</b><br>45mins<br>trails/hilly   | REST                  |
|                 | WEEK 6 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>2km time trial /<br>Cool down 10mins  | REST | <b>EASY</b><br>40mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr<br>trails/hilly  | REST                  |
|                 | WEEK 7 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>4x(1km hard 90secs jog or<br>walk recovery), 4x(200m hard<br>90secs jog or walk recovery)<br>/ Cool down 10mins | REST | <b>EASY</b><br>40mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr 15mins<br>trails/hilly   | REST                  |
|                 | WEEK 8 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>3km time trial /<br>Cool down 10mins  | REST | <b>EASY</b><br>40mins<br>+ 4x strides | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides<br>/ parkrun /<br>Cool down 10mins | <b>EASY</b><br>45mins |

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**COACH'S NOTES, WK9-12:**

This four week block is the biggest volume and most race specific. If you can do your long runs on the course.

Week 12 is a deload week so the volume comes down to let your body recover.



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|                     |         | MON  | TUE  | WED                                   | THU                                   | FRI  | SAT   | SUN                |
|---------------------|---------|------|--|---------------------------------------|---------------------------------------|------|---|--------------------|
| RACE SPECIFIC PHASE | WEEK 9  | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>6x(1min runnable hill,<br>easy down) /<br>Cool down 10mins                             | <b>EASY</b><br>20mins<br>+ 4x strides | <b>EASY</b><br>50mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr 15mins<br>trails/hilly   | REST               |
|                     | WEEK 10 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>6x(1min runnable hill),<br>6x(30secs runnable hill) /<br>Cool down 10mins              | <b>EASY</b><br>20mins<br>+ 4x strides | <b>EASY</b><br>50mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr 30mins<br>trails/hilly   | REST               |
|                     | WEEK 11 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>2x(90secs - 1min - 30secs<br>runnable hill) /<br>Cool down 10mins                      | <b>EASY</b><br>20mins<br>+ 4x strides | <b>EASY</b><br>50mins<br>+ 4x strides | REST | <b>LONG</b><br>1hr 45mins<br>trails/hilly   | REST               |
|                     | WEEK 12 | REST | <b>WORKOUT</b><br>Warm up 10mins + drills &<br>strides / 2x(90secs),<br>2x(1min), 2x(30secs)<br>on runnable hills, easy down /<br>Cool down 10mins | <b>EASY</b><br>20mins<br>+ 4x strides | <b>EASY</b><br>50mins<br>+ 4x strides | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides<br>/ parkrun /<br>Cool down 10mins | <b>EASY</b><br>1hr |

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**COACH'S NOTES, WK13-16:**

Weeks 13 & 14 are the highest volume so focus on getting the runs done and keeping the effort easy. Progress is the goal, not perfection. After this week it is time to start tapering for race day. Tapering means the volume decreases, but there is still some intensity, allowing your body and mind to recover for race day. A lot of people will do too much during taper and show up to race day still fatigued. Don't sabotage your race day. Let your body recover. Use your extra time from the decrease in training to prepare mental strategies and visualise your race day.

Post-race do not rush back into training. At a minimum, the next week should be spent sleeping, eating, going for gentle walks and doing gentle movement, but most importantly celebrating your achievement.



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|                    | MON     | TUE  | WED  | THU                                   | FRI                | SAT  | SUN   |                  |
|--------------------|---------|------|--|---------------------------------------|--------------------|------|---|------------------|
| TAPER / RACE PHASE | WEEK 13 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>2x(3x1min hard hiking uphill<br>reps with easy down,<br>10min tempo, 2mins rest) /<br>Cool down 10mins | <b>EASY</b><br>30mins<br>+ 4x strides | <b>EASY</b><br>1hr | REST | <b>LONG</b><br>1hr 45mins<br>trails/hilly   | REST             |
|                    | WEEK 14 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>3x(3mins hard,<br>3mins jog recovery) /<br>Cool down 10mins  | <b>EASY</b><br>30mins<br>+ 4x strides | <b>EASY</b><br>1hr | REST | <b>LONG</b><br>2hrs<br>trails/hilly   | REST             |
|                    | WEEK 15 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>5x(2mins hard,<br>90secs jog recovery) /<br>Cool down 10mins   | <b>EASY</b><br>20mins<br>+ 4x strides | <b>EASY</b><br>1hr | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides<br>/ parkrun /<br>Cool down 10mins | REST             |
|                    | WEEK 16 | REST | <b>WORKOUT</b><br>Warm up 10mins<br>+ drills & strides /<br>10x(30secs hard,<br>30secs standing recovery) /<br>Cool down 10mins                                    | <b>EASY</b><br>20mins<br>+ 4x strides | REST               | REST | <b>OPTIONAL</b><br>15mins<br>shakeout   | <b>RACE DAY!</b> |