



Absa RUN YOUR CITY CAPE TOWN 10K

Training Plan: Sub 60 minute 10km

So, you run recreationally, perhaps a couple times a week and dabble in the occasional park run or 10km race...But! You may have never run 10km in under 60 minutes! The Absa RUN YOUR CITY CAPE TOWN 10K is the perfect event to unleash your inner speed and come across the line in under 60 minutes. The fast, flat, and beautiful route is designed for speed.

This is your 4 week programme to help get you from the start to finish line in under 60 minutes. It assumes that you have been running occasionally (e.g., 1-3 times per week), that you have recently completed an 8-10 km run and that you are healthy, without any orthopaedic injury concerns.

Please take note of the key below explaining the abbreviations used in the programme, as well as the 'RPE' or Rating of perceived exertion scale for guiding the intensity of your training sessions. All the best in your preparations!

Key

WU: Warm Up
Main: Main set
CD: Cool Down
RPE: Rate of Perceived Exertion
EASY: Easy / aerobic short run
SPD: Speed session
TEMPO: Tempo run / efforts
LSD: Long slow distance run

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1 18-24 April	EASY: 30 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 6 sets: 1 min hard (RPE 7); 2 min easy (RPE 3) CD: 2km easy (RPE 3)	REST	EASY: 40 minutes easy (RPE 3)	REST	LSD: 7 km moderate (RPE 4) on a flat route	REST
Week 2 25 April – 1 May	EASY: 35 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 8 sets: 1 min hard (RPE 7); 2 min easy (RPE 3) CD: 2km easy (RPE 3)	REST	TEMPO: WU: 1km easy (RPE 3); Main: 2 sets: 20 minute tempo (RPE 5-6) 5 min easy (RPE 2) CD: 1km easy (RPE 3);	REST	LSD: 9 km moderate (RPE 4) on a lightly undulating route	REST
Week 3 2 – 8 May	EASY: 40 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 8 sets: 1 min hard (RPE 8);	REST	TEMPO: WU: 2km easy (RPE 3); Main: 35 min tempo run (RPE 5-6)	REST	LSD: 11 km moderate (RPE 4) on a flat route	REST

		90 sec easy (RPE 3) CD: 2km easy (RPE 3)		CD: 1km easy (RPE 3);			
Week 4 9 – 15 May	EASY: 30 minutes easy (RPE 3)	SPD: WU: 2km easy (RPE 3) Main: 8 sets: 45 seconds hard (RPE 8); 90 sec easy (RPE 3) CD: 1km easy (RPE 3)	REST	EASY: 45 minutes easy (RPE 3) Include 2 x 1 km periods at goal race pace (RPE 6) with 5 min easy between (RPE 3)	REST	REST	Absa RUN YOUR CITY CAPE TOWN 10K RACE DAY