**10k Auckland Training Plan month 3**

***Week 9***

Session 1

500 metres (warm up)

500 metres (20 secs rest), 400 metres (20 secs rest), 300 metres (15 secs rest), 200 metres (15 secs rest), 100 metres (10 secs rest), 100 metres(10 secs rest), 200 metres (15 secs rest), 300 metres (15 secs rest)

1 x 1000 metres (20 secs rest)

2 x 450 metres (20 secs rest between each set)

500 metres (warm down)

**Total 5k**

Session 2

500 metres (warm up)

30 x 100 metres (10 secs rest between each 100 metres)

500 metres (warm down)

**Total 4K**

Session 3

500 metres (warm up)

30 x 100 metres (100 metre race pace rest for 10 secs, followed by 100 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip.

10 x 200 metres (200 metre race pace rest 15 secs, followed by 200 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

500 metres (warm down)

**Total 6K**

*15k total for the week*

***Week 10***

Session 1

500 warm up

300 metres (15 secs rest), 200 metres (10 secs rest), 100 metres (5 secs rest), 100 metres (5 secs rest), 200 metres (10 secs rest), 300 metres (15 secs rest)

1 x 800 metres (20 secs rest)

2 x 400 metres (15 secs rest)

1 x 200 metre (10 secs rest)

500 metres (warm down)

**Total 4k**

Session 2

500 metres (warm up)

20 x 100 metres (10 secs rest)

5 x 200 metres (10 secs rest)

500 metres (warm down)

**Total 4K**

Session 3

500 metres (warm up)

20 x 100 metres (100 metre race pace rest for 10 secs, followed by 100 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

10 x 200 metres (200 metre race pace rest 15 secs, followed by 200 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

500 metres (warm down)

**Total 5k**

*13k total for the week*

***Week 11***

Session 1

500 metres (warm up)

2 x 1000 metres

- 100 metres easy

- 75 hard, 25 easy

- 50 hard, 50 easy

- 25 hard, 75 easy

- 100 hard

- 100 easy

- 75 easy, 25 hard

- 50 easy, 50 hard

- 25 easy, 75 hard

- 100 hard

4 x 500 metres (2 x 500 easy, 2 x 500 hard, 20 secs rest between each 500 )

500 metres (warm down)

**Total 5k**

Session 2

500 metres (warm up)

10 x 50 metres - 25 left arm, 25 right arm (5 secs rest between each 50 metres)

10 x 100 metres (Full stroke gliding, counting strokes per length trying to reduce each length)

10 x 100 metres each 100 reduce rest 2 x100 (10 secs rest), 2 x 100 (5 secs rest), 2 x 100 (2 secs rest)

5 x 100 metres (5 secs rest),

500 (warm down)

**Total 4k**

Session 3

500 metres (warm up)

4000 metres (straight on ¾ pace trying to be consistent on each 100)

500 (warm down)

**Total 5k**

*14k total for the week*

***Week 12***

Session 1

500 metres (warm up)

400 metres, (20 secs), 300 metres (15 secs rest), 200 metres (10 secs rest), 100 metres (5 secs rest), 100 metres (5 secs rest), 200 metres (10secs rest), 300 metres (15 secs rest) , 400 (20 secs)

1 x 1000 metres (20 secs rest)

2 x 500 metres (15 secs rest)

500 metres (warm down)

**Total 5k**

Session 2

500 metres (warm up)

1 x 4500 metres (straight on ¾ pace trying to be consistent on each 100)

500 metres (warm down)

**5.5k total**

Session 3

500 metres (warm up)

10 x 100 metres (100 metre race pace rest for 5 secs, followed by 100 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

10 x 200 metres (200 metre race pace rest 10 secs, followed by 200 metre slow focus on stroke technique, low head, high elbow, rotating from hip to hip)

1 x 500 metres (Race Pace rest 15 secs rest)

500 metres (warm down)

**4.5k total**

*15k total for the week*