**Auckland 10k Training Plan**

**Month 2 – Training Plan**

**Week 5**

Session 1

500 metres (warm up)

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

10 x 1000 metres (10 secs rest)

500 metres (warm down)

4k Total

Session 2

500 metres (warm up)

25 x 100 metres (3/4 pace 10 secs rest between each 100 metres)

500 metres (warm down)

3.5k Total

Session 3

500 metres (warm up)

15 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)

4.5k Total

**Total 12k**

**Week 6**

Session 1

500 warm up

300 metres (15 secs rest), 150 metres (10 secs rest), 75 metres (5 secs rest), 75 metres (5 secs rest), 150 metres (10 secs rest) (Do set twice)

200 x 100 metres (5 secs rest)

500 metres (warm down)

4.5k Total

Session 2

500 metres (warm up)

30 x 100 metres (5 secs rest between each 100 metres)

500 metres (warm down)

4k 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)

500 metres (warm down)

4k Total

**Weekly 12.5k Total**

**Week 7**

Session 1

500 metres (warm up)

10 x 100 metres x 2 (2k)

- 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

2 x 750 metres (1 x 750 easy, 1 x 750 hard, 30 secs rest between each 750 )

500 metres (warm down)

4.5k Total

Session 2

500 metres (warm up)

20 x 50s - 25 left arm, 25 right arm x 10

10 x 100m ( Full stroke counting strokes per length trying to reduce each length)

10 x 100m (each 100 reduce rest 2 x100 (15 secs rest), 2 x 100 (10 secs rest), 2 x 100 (5 secs rest) 2 x 100 (5 secs rest), 2 x 100 (no rest)

500 (warm down)

4k Total

Session 3

500 metres (warm up)

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

500 (warm down)

5k Total

**Weekly Total 13.5k**

**Week 8**

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 (10 secs rest), 300 metres (15 secs rest) , 400 (20 secs)

10 x 1000 metres (10 secs rest)

1 x 500 metres (straight 3/4 pace)

500 metres (warm down)

4.5k total

Session 2

500 metres (warm up)

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

10 x 50 metres (5 sec rest between each 100 metres)

500 metres (warm down) - 3.5k 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)

5 x 150 metres (3/4 pace with 10 secs rest)

5 x 50 metres (race pace with 5 secs rest)

500 metres (warm down)

Total 5k

**Weekly Total 13k**

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