THE IMPORTANCE OF PLANNING

For many years elite athletes know that the foundation of success lies in careful planning.

Just like the world’s best, you will need a carefully developed training plan to maximise your chances of hitting your target time.

This is DIFFERENT to simply running intensely all the time.

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The idea that the harder you work, the better you’re going to be is just garbage. The greatest improvement is made by the man or woman who works most intelligently.

- Bill Bowerman
American Track & Field Coach & Co-Founder of Nike

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I didn’t give myself enough breaks during the training year to recover. I didn’t understand the power of periodization.

- Alberto Salazar (Coached Mo Farah & Galen Rupp) on the topic of scheduling mesocycles throughout the year

Planning also allows you to gauge what’s achievable in context of family and work-related commitments. Furthermore, it reduces your risk of overuse injury. Sweat Elite brings together the tens of thousands of hours of training, racing and coaching experience of the world’s best athletes, to form this plan to guide you to 10k success!
ROAD RHYTHMS

To achieve peak condition for a particular race(s), it’s important to select your races well ahead in advance so that you can plan your training cycle carefully.

Our 12-week training schedule can be grouped into 3 main stages. Each stage has their unique emphases and objectives; however, there is overlap between stages. The stages build on top of each other such that mileage, strength and speedwork combine to produce a synergistic & multiplicative effect at just the right time.

- Stage 1: Base & Strength (Weeks 1-4)
- Stage 2: Strength & Speed (Weeks 5-10)
- Stage 3: Speed & Taper (Weeks 11-12)
Stage 1: Weeks 1-4 Base & Strength

In this stage, the aim is to:

1. Gradually build your aerobic endurance leading to physiological adaptations such as a more diverse capillary network, and increased myoglobin and mitochondrial content (see http://www.sweatelite.co/aerobic-running/ for more details).

2. Develop a higher proportion of fast-twitch fibres for leg strength.

You will notice that interval repetitions comprise generally longer mileage. Furthermore, the duration of steady, recovery, tempo and long runs increases noticeably here. Essentially, you’re ‘banking in’ more and more miles as the initial weeks pass by.

Most elite athletes focusing on the 10k event run in excess of 160km (100miles) a week. Haile Gebrselassie (double 10,000m Olympic champion) averaged almost 200km (160miles) a week. On the other hand, Kenenisa Bekele’s (10,000m world record holder) mileage is relatively low at 80 miles (100km) a week.

Strength-wise, your legs will learn to adjust to resistance from running on undulating hills and on moderately steep inclines. Your body learn to adapt to the routine and nature of core and leg exercises.

Here is a good reminder by legendary distance all-rounder Grete Waitz: