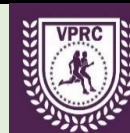


VPRC 5k - 10k Programme



v1

	Tempo running: Hard but controlled - Manageable - no talking!	Steady Running: normal jogging pace that you will run the 10k at	
Week	Workout 1 (Sunday 08:45)	Workout 2 (Wednesday 19:00)	Workout 3 / Or run Parkrun
06/01/19 1	10 Minute Steady run 3 Minute Tempo run 10 Minute Steady run	30 Minute Steady run	Saturday Morning Parkrun or 30 -35 Minute Steady run
13/01/19 2	10 Minute Steady run 2 Minute Tempo run 2 Minute Steady Run 2 Minute Tempo run 10 Minute Steady run	35 Minute Steady Run	Saturday Morning Parkrun or 30 -35 Minute Steady run
20/01/19 3	10 Minute Steady run 5 Minute Tempo run 10 Minute Steady run	45 Minute Steady Run	Saturday Morning Parkrun or 30 -35 Minute Steady run
27/01/19 4	10 Minute Steady run 2 Minute Tempo run - 2 Minute Steady Run 2 Minute Tempo run - 2 Minute Steady Run 2 Minute Tempo run -10 Minute Steady Run	45 Minute Steady Run	Saturday Morning Parkrun or 30 -35 Minute Steady run
03/02/19 5	MAD DOG DAY 10 Minute Steady run 2 Minute Tempo run - 2 Minute Steady Run 2 Minute Tempo run - 2 Minute Steady Run 2 Minute Tempo run 10 Minute Steady Run	45 Minute Steady run	Saturday Morning Parkrun or 30 Minute Tempo run
10/02/19 6	10 Minute Steady run 7 Minute Tempo run 10 Minute Steady run	55 Minute Steady run	Saturday Morning Parkrun or 30 Minute Tempo run
17/02/19 7	10 Minute Steady run 2 Minute Tempo run -2 Minute Steady Run 2 Minute Tempo run -2 Minute Steady Run 2 Minute Tempo run -2 Minute Steady Run 2 Minute Tempo run 10 Minute Steady run	55 Minute Steady run	Saturday Morning Parkrun or 30 Minute Tempo run
24/02/19 8	10 Minute Steady run 9 Minute Tempo run 10 Minute Steady run	60 Minute Steady run	Saturday Morning Parkrun or 30 -35 Minute Steady run
03/03/19 9	10 Minute Steady run 9 Minute Tempo run 10 Minute Steady run	65 Minute Steady run	Saturday Morning Parkrun or 30 -35 Minute Steady run
10/03/19 10	Tatton Park 10k Race Sun 10th March https://www.tatton10k.com/?event=tatton-10k-march-2019		
	Tempo running: Hard but controlled - Manageable - no talking!	Steady Running: normal jogging pace that you will run the 10k at	

Useful Links

www.vprc.co.uk
www.parkrun.org.uk
www.runtogether.co.uk

Things you need to do.

Register for the Tatton Park 10k Race - <https://www.tatton10k.com/?event=tatton-10k-march-2019>
Rational

Follow us on Social Media



#TeamVPRC