

# Marie Murphy Health & Fitness

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## 5km & 10km Training Programme

The 5km & 10km Training Programmes run for 16 weeks and are individually designed to fit each participant's level of fitness and weekly schedule. They are based on sound, scientific principles and ones that I've been using to coach athletes for over 25 years. I use these principles in my own personal training programme, which helped me get to the Olympics in 1988.

The programmes require a minimum of four days week training and consists of 6 key phases built around 3 main workouts. Each phase has a specific function to prepare you for your race. The length of each phase will depend on your individual programme. The phases are as follows: Conditioning, Strengthening, Endurance, Tapering, Recovery, and Transition. The Recovery and Transition Phases occur after your 5km or 10km race. Depending on how much time before your race, you may also have a pre-conditioning phase.

The 3 main workouts complement each other in any given week to provide you with the greatest benefit for your efforts. They consist of a Long Run, a Pace Run and Interval Training. You will find each of these workouts every week in your Strength, Endurance and Tapering Phases. You may also have them in your Conditioning Phase, depending on your fitness level and your availability to workout. Additionally, you may have an unloading week throughout the Strength and Endurance phases. The Unloading week is identified by the decrease in time you spend running and working out, so your body gets a chance to recover.

The first step to your 5km or 10km Programme is finding out what level of fitness you are at right now? This is done by you running 2.4km (1.5 miles) at your best effort and recording the time it takes you to complete the distance (example 12:45). Results will tell base line fitness and will determine what level programme you start at; Beginner, Intermediate or Advanced level.

You are re-evaluated three times throughout the programme. This will show the changes in your fitness level and allow Marie Murphy to make any adjustments needed to your training schedule.