

RUN4
GEELONG
2026 8 NOV

10KM TRAINING PROGRAM





TOP TIPS FROM PROFEET PODIATRY

Footwear - Runners and Work/Everyday Shoes

Reliable and stable runners are key in completing a run, CALL INTO ProFeet Footwear FOR A COMPLIMENTARY FOOTWEAR ASSESSMENT AND GAIT ANALYSIS.

work / everyday shoes ARE EQUALLY AS IMPORTANT as this is the shoe you'll be recovering in and doing the majority of loading on your feet. Our ProFeet footwear stores in Geelong, Ocean Grove & Torquay will be happy to help with personalised fittings and footwear advice.

Mobility Work

While getting the Kms in is important for our training, so is our mobility. Prioritise pre and post run stretching and dynamic movements to allow the body to remain fluid. This will reduce the likelihood of injury long term. Mobility exercises that WE recommend include:

- calf stretching
- toe yoga
- ankle circles
- under the foot ball rolling

JOIN US

We are hosting three community training/fundraising runs in the lead up to
RUN 4 GEELONG.

ALL ABILITIES WELCOME!

Sign-up on [EVENTBRITE](#) (keep an eye on our socials).
DONATION ON ENTRY :)

RUN #1:

SUN 11TH OCT

Powered by HAPPY HOUR RUN CREW & PROFEET

RUN #2:

SUN 18TH OCT

Powered by LEOPOLD COFFEE RUN & PROFEET

RUN #3 KIDS RUN:

SAT 31ST OCT

Powered by DRYSDALE RUNNERS & PROFEET



WEEK 1

8 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
1 min jog 1 min walk
for 20 mins

Session 2: Interval Session
20 secs hard 40 sec EASY
jog/walk for 10 mins

Session 3: Recovery Run
1min jog 2 min walk for 15 min

INTERMEDIATE

Session 1: Long Run
30 mins slow jog
Distance: 5-7km

Session 2: Interval Session
45 secs hard 75 sec slow jog
for 20mins
Distance: 4-5km

Session 3: Recovery Run
20 min slow jog
Distance: 3-4km

TOP TIP: Patience is key, we don't need to run 10km tomorrow.
Trust the process.

WEEK 2

7 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
2 MIN JOG 1 min walk
for 25 mins

Session 2: Interval Session
Stair Climbs
Jog up walk back X 10

Session 3: Recovery Run
1min jog 1min walk for 20 min

INTERMEDIATE

Session 1: Long Run
35 mins slow jog
Distance: 6-7km

Session 2: Interval Session
Hill Sprints
Sprint up slow jog back X 10
Distance: 2-3km

Session 3: Recovery Run
25 min slow jog
Distance: 4-5km

TOP TIP: Geelong residents, head to Eastern Beach for your
stair climbs / hill repeats, grab a coffee at Pavilion Geelong
afterwards!

*For stair climbs we recommend running up the stairs and down the ramp for a
longer recovery.



JOIN US IN OCEAN GROVE 6AM SUNDAY 14TH SEPTEMBER FOR 25-30MIN JOG

WEEK 3

6 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
2 min jog 1 MIN walk
for 30 mins

Session 2: Interval Session
400m (OR 90 SEC) efforts X 8
3min rest inbetween sets
Distance: 3.2km

Session 3: Recovery Run
1min slow jog 1 min walk
for 25 min

INTERMEDIATE

Session 1: Long Run
3km slow jog
2km GOAL race pace
2km slow jog
Distance: 7km

Session 2: Interval Session
1km efforts (OR 4 MIN) x 5
2 min rest inbetween sets
Distance: 5km

Session 3: Recovery Run
30 min slow jog
Distance: 5-6km

WEEK 4

5 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
30 min continuous slow jog
Distance: 4-6km

Session 2: Interval Session
Hill Sprints X 10
Hard up walk back recovery
Distance: 2-3km

Session 3: Recovery Run
4 min slow jog 1 min walk
for 35 min
Distance: 4-5km

INTERMEDIATE

Session 1: Long Run
2km slow jog
4km GOAL race pace
2km slow jog
Distance: 8km

Session 2: Interval Session
500m FAST 500m SLOW Jog
X 5
Distance: 5km

Session 3: Recovery Run
35 min slow jog
Distance: 5-6km

TOP TIP: We recommend having a lighter pair of shoes for interval sessions and race day. You will feel lighter and faster for these sessions which is great when your legs are moving quicker and the heart rate is higher!

TOP TIP: Grab a friend for your recovery runs so you can run at a talking pace. Plus running with a friend is way more fun! You might even like to remind them to sign up for R4G!

WEEK 5

4 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
40 min continuous slow jog
Distance: 6-7km

Session 2: Interval Session
200m, 400m, 600m efforts then
600m, 400m, 200m efforts
2 min rest inbetween reps
Distance: 2.4km

Session 3: Recovery Run
30 min continuous slow jog
Distance: 4-6km

INTERMEDIATE

Session 1: Long Run
10km continuous run
Distance: 8km

Session 2: Interval Session
600m, 800m, 1km efforts then
1km, 800m, 600m efforts
3min rest inbetween reps
Distance: 4.8km

Session 3: Recovery Run
40min slow jog
Distance: 7-8km

WEEK 6

3 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
50 min continuous slow jog
Distance: 8-9 km

Session 2: Interval Session
Hill Sprints - FAST up FOR 200M, slow
jog back 1 MIN X 12
Distance: 3-4km

Session 3: Recovery Run
40 min continuous slow jog
Distance: 6-7km

INTERMEDIATE

Session 1: Long Run
2km slow jog
6km race pace
3km slow
Distance: 11km

Session 2: Interval Session
500m / 2min hill efforts
hard up FOR 500M jog back X 5
Distance: 5km

Session 3: Recovery Run
9km slow jog

TOP TIP: Head to Deakin University, Waurn Ponds for your interval sessions.
The track is a softer surface which your knees will love!

TOP TIP: There is a sneaky hill along the R4G course! These hill reps will
prepare you perfectly for race day!



JOIN US for a group run
Sun 11th Oct @ HAPPY HOUR RUN club
Sun 18th Oct @ LEOPOLD COFFEE RUN

WEEK 7

2 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
30 min continuous slow jog
Distance: 4-6km

Session 2: Interval Session
1km hard 1km easy for 8km
ALT 5MIN ON / 5MIN EASY

Session 3: Recovery Run
20 min continuous slow jog
Distance: 5-6km

INTERMEDIATE

Session 1: Long Run
8km continuous slow jog

Session 2: Interval Session
6 X 90 secs hard 60 sec slow jog
10 X 30 SEC HARD 30 SEC SLOW JOG
Distance: 5-6km

Session 3: Recovery Run
6km continuous slow jog

WEEK 8

7 DAYS TO GO

FIRST TIMER

Session 1: Long Run
40 min continuous slow jog
Distance: 6-7km

Session 2: Recovery Run
25 min continuous slow jog
Distance: 3-4km

INTERMEDIATE

Session 1: Long Run
40 min continuous slow jog
Distance: 7-8km

Session 2: Recovery Run
30 min continuous slow jog
Distance: 5-6km

TOP TIP: THIS IS YOUR LAST BIG WEEK BEFORE TAPER. PUSH YOURSELF AND CELEBRATE HOW FAR YOU'VE COME!

TOP TIP: TAPER WEEK! REMEMBER YOU WANT TO LET YOUR BODY RECOVER BEFORE RACE DAY! NO HARD SESSIONS THIS WEEK. DRINK LOTS OF WATER, EAT THOSE CARBS AND GOOD LUCK!



JOIN US for a group run
Sat 31st Oct @ Drysdale Runners (Kids Run)

PROFEET VOUCHER

POP IN STORE TO CLAIM \$40 OFF YOUR NEXT
PAIR OF ADULTS SHOES!



THIS TRAINING PROGRAM BROUGHT TO YOU BY:



PLEASE CONTACT HELLO@PROFEETFOOTWEAR.COM.AU WITH ANY
QUESTIONS. HAPPY TO HELP!