

RUN4  
GEELONG  
2025

# 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 AND OCEAN GROVE 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 four 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 14<sup>TH</sup> SEPT @ 6AM

Powered by HAPPY HOUR RUN CREW & PROFEET

RUN #2:

SAT 27<sup>TH</sup> SEPT @ 8AM (AFL Grand Final morning)

Powered by P3 RECOVERY & PROFEET

RUN #3 KIDS RUN:

SAT 11<sup>TH</sup> OCT @ 7:30AM

Powered by DRYSDALE RUNNERS & PROFEET

RUN #4:

SUN 26<sup>TH</sup> OCT @ 7AM

Powered by LEOPOLD COFFEE RUN & 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  
RPE: 4-6

SESSION 2: INTERVAL SESSION  
20 SECS HARD 40 SEC EASY  
JOG/WALK FOR 10 MINS  
RPE: 7-8

SESSION 3: RECOVERY RUN  
1MIN JOG 2 MIN WALK FOR 15 MIN  
RPE: 2-3

### INTERMEDIATE

SESSION 1: LONG RUN  
30 MINS SLOW JOG  
RPE: 4-6  
DISTANCE: 5-7KM

SESSION 2: INTERVAL SESSION  
45 SECS HARD 75 SEC SLOW JOG  
FOR 20MINS  
RPE: 7-8  
DISTANCE: 4-5KM

SESSION 3: RECOVERY RUN  
20 MIN SLOW JOG  
RPE: 2-3  
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  
RPE: 4-6

SESSION 2: INTERVAL SESSION  
STAIR CLIMBS  
JOG UP WALK BACK X 10  
RPE: 7-8

SESSION 3: RECOVERY RUN  
1MIN JOG 1MIN WALK FOR 20 MIN  
RPE: 2-3

### INTERMEDIATE

SESSION 1: LONG RUN  
35 MINS SLOW JOG  
RPE: 4-6  
DISTANCE: 6-7KM

SESSION 2: INTERVAL SESSION  
HILL SPRINTS  
SPRINT UP SLOW JOG BACK X 10  
RPE: 7-8  
DISTANCE: 2-3KM

SESSION 3: RECOVERY RUN  
25 MIN SLOW JOG  
RPE: 2-3  
DISTANCE: 4-5KM

**TOP TIP:** GEELONG RESIDENTS, HEAD TO EASTERN BEACH  
FOR YOUR STAIR CLIMBS / HILL REPEATS, GRAB A COFFEE AT  
THE BEACH HOUSE 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  
RPE: 4-6

SESSION 2: INTERVAL SESSION  
400M (OR 90 SEC) EFFORTS X 8  
3MIN REST INBETWEEN SETS  
RPE: 7-8  
DISTANCE: 3.2KM

SESSION 3: RECOVERY RUN  
1MIN SLOW JOG 1 MIN WALK  
FOR 25 MIN  
RPE: 2-3

### INTERMEDIATE

SESSION 1: LONG RUN  
3KM SLOW JOG  
2KM GOAL RACE PACE  
2KM SLOW JOG  
RPE: 5-6  
DISTANCE: 7KM

SESSION 2: INTERVAL SESSION  
1KM EFFORTS (OR 4 MIN) X 5  
2 MIN REST INBETWEEN SETS  
RPE: 7-8  
DISTANCE: 5KM

SESSION 3: RECOVERY RUN  
30 MIN SLOW JOG  
RPE: 2-3  
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!

# 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  
RPE: 4-6  
DISTANCE: 4-6KM

SESSION 2: INTERVAL SESSION  
HILL SPRINTS X 10  
HARD UP WALK BACK RECOVERY  
RPE: 7-8  
DISTANCE: 2-3KM

SESSION 3: RECOVERY RUN  
4 MIN SLOW JOG 1 MIN WALK  
FOR 35 MIN  
RPE: 2-3  
DISTANCE: 4-5KM

### INTERMEDIATE

SESSION 1: LONG RUN  
2KM SLOW JOG  
4KM GOAL RACE PACE  
2KM SLOW JOG  
RPE: 5-6  
DISTANCE: 8KM

SESSION 2: INTERVAL SESSION  
500M FAST 500M SLOW JOG  
X 5  
RPE: 7-8  
DISTANCE: 5KM

SESSION 3: RECOVERY RUN  
35 MIN SLOW JOG  
RPE: 2-3  
DISTANCE: 5-6KM

**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!



JOIN US AT P3 RECOVERY GEELONG AT 8AM SATURDAY 27TH SEPTEMBER FOR 25-30MIN JOG

# 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  
RPE: 4-6  
DISTANCE: 6-7KM

SESSION 2: INTERVAL SESSION  
200M, 400M, 600M EFFORTS THEN  
600M, 400M, 200M EFFORTS  
2 MIN REST INBETWEEN REPS  
RPE: 7-8  
DISTANCE: 2.4KM

SESSION 3: RECOVERY RUN  
30 MIN CONTINUOUS SLOW JOG  
RPE: 2-3  
DISTANCE: 4-6KM

### INTERMEDIATE

SESSION 1: LONG RUN  
10KM CONTINUOUS RUN  
RPE: 5-6  
DISTANCE: 8KM

SESSION 2: INTERVAL SESSION  
600M, 800M, 1KM EFFORTS THEN  
1KM, 800M, 600M EFFORTS  
3MIN REST INBETWEEN REPS  
RPE: 7-8  
DISTANCE: 4.8KM

SESSION 3: RECOVERY RUN  
40MIN SLOW JOG  
RPE: 2-3  
DISTANCE: 7-8KM

**TOP TIP:** HEAD TO DEAKIN UNIVERSITY, WAURN PONDS FOR YOUR INTERVAL SESSIONS. THE TRACK IS A SOFTER SURFACE WHICH YOUR KNEES WILL LOVE!

# 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  
RPE: 4-6  
DISTANCE: 8-9 KM

SESSION 2: INTERVAL SESSION  
HILL SPRINTS - FAST UP FOR 200M,  
SLOW JOG BACK 1 MIN X 12  
RPE: 7-8  
DISTANCE: 3-4KM

SESSION 3: RECOVERY RUN  
40 MIN CONTINUOUS SLOW JOG  
RPE: 2-3  
DISTANCE: 6-7KM

### INTERMEDIATE

SESSION 1: LONG RUN  
2KM SLOW JOG  
6KM RACE PACE  
3KM SLOW  
RPE: 5-6  
DISTANCE: 11KM

SESSION 2: INTERVAL SESSION  
500M / 2MIN HILL EFFORTS  
HARD UP FOR 500M JOG BACK X 5  
RPE: 7-8  
DISTANCE: 5KM

SESSION 3: RECOVERY RUN  
9KM SLOW JOG  
RPE: 3-4

**TOP TIP:** THERE IS A SNEAKY HILL ALONG THE R4G COURSE! THESE HILL REPS WILL PREPARE YOU PERFECTLY FOR RACE DAY!



JOIN US IN DRYSDALE 7:30AM SATURDAY 11TH OCTOBER FOR A KIDS RUN!

# WEEK 7

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## 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  
RPE: 4-6  
DISTANCE: 4-6KM

SESSION 2: INTERVAL SESSION  
1KM HARD 1KM EASY FOR 8KM  
ALT 5MIN ON / 5MIN EASY  
RPE: 7-8

SESSION 3: RECOVERY RUN  
20 MIN CONTINUOUS SLOW JOG  
RPE: 2-3  
DISTANCE: 5-6KM

### INTERMEDIATE

SESSION 1: LONG RUN  
8KM CONTINUOUS SLOW JOG  
RPE: 4-6

SESSION 2: INTERVAL SESSION  
6 X 90 SECS HARD 60 SEC SLOW JOG  
10 X 30 SEC HARD 30 SEC SLOW JOG  
RPE: 7-8  
DISTANCE: 5-6KM

SESSION 3: RECOVERY RUN  
6KM CONTINUOUS SLOW JOG  
RPE: 2-3

# WEEK 8

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## 7 DAYS TO GO

### FIRST TIMER

SESSION 1: LONG RUN  
40 MIN CONTINUOUS SLOW JOG  
RPE: 4-6  
DISTANCE: 6-7KM

SESSION 2: RECOVERY RUN  
25 MIN CONTINUOUS SLOW  
JOG  
RPE: 2-3  
DISTANCE: 3-4KM

### INTERMEDIATE

SESSION 1: LONG RUN  
40 MIN CONTINUOUS SLOW JOG  
RPE: 4-6  
DISTANCE: 7-8KM

SESSION 2: RECOVERY RUN  
30 MIN CONTINUOUS SLOW  
JOG  
RPE: 2-3  
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 IN LEOPOLD 8AM SATURDAY 26TH OCTOBER FOR 25-30MIN JOG

# 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](mailto:HELLO@PROFEETFOOTWEAR.COM.AU)  
WITH ANY QUESTIONS. HAPPY TO HELP!