

**10KM**

**BEGINNER**

**TRAINING**

**GUIDE**

 Federation  
University

 RAD



**BALLARAT  
MARATHON**



# ***GETTING STARTED***

This program is for someone who has never ran 10km before. It sets out a structured program over 16 weeks to help get you from sitting on the couch to be able to run the 10km race.

***DON'T WORRY ABOUT***

***YOUR PACE, GET OUT***

***THERE AND ENJOY YOUR***

***RUNNING!***

## **WANT TO GET A HEAD START?**

Great! The earlier you can get into your training the better, but remember this program is 16 weeks long, and we want to get you to race day feeling good.

## **STARTING A LITTLE LATE?**

Don't stress at all. You can jump on board at any stage. Just be careful not to ramp everything up too quickly. We want to make sure you get to the start line injury-free.

## **NEED TO MOVE THINGS AROUND?**

Feel free to move the weekly schedule around to fit with what works best for you. Just make sure to have at least two rest days per week.



# ***YOUR COACH***

## ***SARAH PERKINS***

*STRENGTH AND CONDITIONING COACH*

At RADCentre, we aim to empower athletes of all ages and abilities to improve their performance and wellbeing.

RADcentre is a high-performance company based in Ballarat and servicing Western Victoria through our key services of strength and conditioning, physiotherapy, injury rehabilitation and sports dietetics.

We are super-excited to be on board as the training program provider for the Ballarat Marathon road running festival, providing a guide on how to best prepare for each distance.

We have been fortunate enough to work with some of Ballarat's best runners, supporting them in all types of events from international marathons and ultra-running mountain challenges to recording personal bests in local ParkRuns.

Our team is here to assist you across your whole training journey. In conjunction with this program, there will be plenty of educational resources provided in the lead-up to the Ballarat Marathon. We cant wait to see you perform on the day.

Any questions? You can contact us at:

✉ [info@radcentre.com.au](mailto:info@radcentre.com.au)

🌐 [radcentre.com.au](http://radcentre.com.au)

📷 [@radcentre](https://www.instagram.com/radcentre)

📘 [RADcentre1](https://www.facebook.com/RADcentre1)

# KEY

# TERMS

Within the provided training programs, there are several key terms and concepts that have been utilised in order to categorise training intensity. Several of these words and ideas might be foreign to you, but do not fear them. Simply read through this training glossary and you'll be up to speed in no time.

KEY TERM	DEFINITION
Critical Velocity (CV)	This is a heavily-used training variable within this program. It is the fastest running pace you can maintain for 30 minutes.
Cross Training	As the program highlights, this is a form of cardiovascular training we are wanting you to perform that does not place loading on your legs. You can choose any form of cardiovascular training that fits this brief, such as cycling, swimming and rowing.
Easy pace	This is a cornerstone in each training program. Easy-paced running should be considered a pace in which you can maintain a conversation if you were running with a buddy.
Fartlek	Fartlek sessions are a mixture of faster- and slower-paced running, designed to increase your speed capacity.
Float	This pace is consciously faster than your easy-paced jogging. Float periods are designed to aid you to actively recover at a faster pace, allowing you to perform your total run at a faster speed.
Interval sessions	These sessions include multiple efforts at different speeds. The objective is for consistency across your repetitions. Ideally, the pace at which you perform your repetitions is within 5 to 10 seconds of one another. Please do not 'empty yourself' in repetition one and then fade as the repetitions go on.

Long run	This is the most important run of your training program. This run is designed to develop your capability to cover the distance on race day. Therefore, it will slowly increase your ability to run further.
'Mona' Fartlek	A favourite session of Ballarat legend and distance running icon Steve Moneghetti.
Moose Fartlek	Named after another legendary runner from Ballarat, Julian 'Moose' Spence, who these days resides and trains on the Surf Coast.
Off	These days are programmed in order to regenerate your body for the increased training load it is facing. Please respect these days and do not perform any cardiovascular training on these days so you are fresh for your other days.
Shake Run	This is a very easy pace run performed leading up to race day. The intension is not for additional fitness benefits. Rather, it's about keeping your body moving! Please keep this one nice and easy and run completely to feel!
Strides	Strides have a very similar targeted response as surges, but they are performed differently. Following your run, you will set these up as 'run through efforts' and either walk or slowly jog the rest period. These are performed slightly faster than surges.
Surges	Surges are programmed in order to develop your mechanical ability to move at a faster pace. They are to be performed by increasing your speed for 20 seconds and then reducing it back to your normal jogging pace for 40s.
Target pace	Although you may not have completed your preferred distance before, as your training progresses you are likely to settle on a rough time goal for completing your race (for example, four hours for the marathon). You will then be able to work out how fast you need to complete each kilometre to achieve this goal. At this point, it is vital that we begin specialising your training to target this goal. That's why you see mentions of half marathon pace and marathon pace in the plans for the longer races.
Tempo	Tempo runs are noticeably faster than your easy-paced runs and are designed to increase your capability to run faster for longer and endure that elevated pace. You should be able to talk, but your conversation should be interrupted with the need to breathe mid-sentence.
Threshold	Your threshold is the point at which you are running at a speed that causes lactic acid to start building up in your bloodstream, causing you to need to slow down. Threshold runs are designed to increase the threshold at which lactate begins to build up. Threshold runs are a gear change up from tempo runs and can be recognised with the phrase 'comfortably hard'. You should feel like you are in control the entire time, but not have a desire to have a conversation while running at this pace.
Track sessions	Aim to complete these sessions at an athletics track. A football oval is your next-best location.

8TH JAN - 14TH JAN

**WEEK**

**ONE**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	1MIN : 1MIN	10	10 MIN	20 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	EASY PACE RUN	1MIN : 1MIN	10	10 MIN	20 MIN	6/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				20 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	EASY PACE RUN	1MIN : 1MIN	10	10 MIN	20 MIN	6/10
						<b>WEEKLY RUNNING VOLUME: 30 MIN</b>

**WEEKLY TIP**

HERE WE GO, TIME TO CRACK IN. SIXTEEN WEEKS TO BUILD THAT FITNESS.  
"DON'T COUNT THE DAYS, MAKE THE DAYS COUNT" - MUHAMMAD ALI

15TH JAN - 21ST JAN

# WEEK

# TWO

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	1.5MIN : 1MIN	10	15 MIN	25 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	EASY PACE RUN	1.5MIN : 1MIN	10	15 MIN	25 MIN	6/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				30 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	EASY PACE RUN	1.5MIN : 1MIN	10	15 MIN	25 MIN	6/10
<b>WEEKLY RUNNING VOLUME: 45 MIN</b>						

## WEEKLY TIP

STILL A LONG WAY TO GO IN THIS PREPARATION. DON'T GET TOO EXCITED, JUST PACE YOURSELF.

"THE MIRACLE ISN'T THAT I FINISHED. THE MIRACLE IS THAT I HAD THE COURAGE TO START." - JOHN BINGHAM

22ND JAN - 28TH JAN

**WEEK**

**THREE**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	2MIN : 1MIN	8	16 MIN	24 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	EASY PACE RUN	2MIN : 1MIN	8	16 MIN	24 MIN	6/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				40 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	EASY PACE RUN	2MIN : 1MIN	8	16 MIN	24 MIN	6/10
				<b>WEEKLY RUNNING VOLUME: 48 MIN</b>		

**WEEKLY TIP**

THIRD WEEK IN. FEEL FREE TO MIX UP YOUR RUNNING LOOPS AS WELL. HEAD OUT ALONG SOME TRAILS AND HILLS IF YOU CAN.

*"YOU WERE NOT BORN TO JUST EXIST; YOU WERE BORN TO ENDURE, ACHIEVE, AND INSPIRE."*



29TH JAN - 4TH FEB

# WEEK

# FOUR

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
MONDAY	OFF					
TUESDAY	EASY PACE RUN	3MIN : 1MIN	8	24 MIN	32 MIN	6/10
WEDNESDAY	OFF					
THURSDAY	EASY PACE RUN	3MIN : 1MIN	8	24 MIN	32 MIN	6/10
FRIDAY	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
SATURDAY	OFF					
SUNDAY	EASY PACE RUN	3MIN : 1MIN	10	30 MIN	40 MIN	6/10
					WEEKLY RUNNING VOLUME: 78 MIN	

## WEEKLY TIP

YOU ARE STARTING TO BUILD SOME GREAT CONSISTENCY NOW. STAY ON TOP OF YOUR RECOVERY AS WELL. "SUCCESS ISN'T ALWAYS ABOUT GREATNESS. IT'S ABOUT CONSISTENCY. CONSISTENT HARD WORK LEADS TO SUCCESS. GREATNESS WILL COME." - DWAYNE 'THE ROCK' JOHNSON

5TH FEB - 11TH FEB

**WEEK**

**FIVE**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
MONDAY	OFF					
TUESDAY	EASY PACE RUN	4MIN : 1MIN	7	28 MIN	35 MIN	6/10
WEDNESDAY	OFF					
THURSDAY	EASY PACE RUN	4MIN : 1MIN	7	28 MIN	35 MIN	6/10
FRIDAY	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
SATURDAY	OFF					
SUNDAY	EASY PACE RUN	4MIN : 1MIN	10	40 MIN	50 MIN	6/10
				WEEKLY RUNNING VOLUME: 96 MIN		

**WEEKLY TIP**

FIVE WEEKS DOWN AND YOU WILL BE STARTING TO A BUILD A GREAT FITNESS BASE NOW.

*"THE ONLY PLACE WHERE SUCCESS COMES BEFORE WORK IS IN THE DICTIONARY."* - VIDAL SASSOON

12TH FEB - 18TH FEB

**WEEK**

**SIX**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	5MIN : 1MIN	6	30 MIN	36 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	EASY PACE RUN	5MIN : 1MIN	6	30 MIN	36 MIN	6/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	EASY PACE RUN	5MIN : 1MIN	10	50 MIN	60 MIN	6/10
				<b>WEEKLY RUNNING VOLUME: 110 MIN</b>		

**WEEKLY TIP**

SIX WEEKS IN AND WE'RE FLYING ALONG NICELY. MAKE SURE THAT IF YOU DO HAVE ANY NIGGLES POP UP, YOU GET THEM ASSESSED.

*"RUNNING TEACHES US THAT WE ARE CAPABLE OF SO MUCH MORE THAN WE EVER IMAGINED."*

19TH FEB - 25TH FEB

**WEEK**

**SEVEN**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	10MIN : 1MIN	3	30 MIN	33 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	EASY PACE RUN	10MIN : 1MIN	3	30 MIN	33 MIN	6/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	EASY PACE RUN	10MIN : 1MIN	4	40 MIN	44 MIN	6/10
<b>WEEKLY RUNNING VOLUME: 100 MIN</b>						

**WEEKLY TIP**

*"THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON AND OTHERS IS NOT A LACK OF STRENGTH, NOT A LACK OF KNOWLEDGE, BUT RATHER A LACK IN WILL." - VINCE LOMBARDI*

26TH FEB - 3RD MAR

**WEEK**

**EIGHT**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	15MIN : 1MIN	2	30 MIN	32 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	EASY PACE RUN	15MIN : 1MIN	2	30 MIN	32 MIN	6/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	EASY PACE RUN	15MIN : 1MIN	3	45 MIN	48 MIN	6/10
				<b>WEEKLY RUNNING VOLUME: 105 MIN</b>		

**WEEKLY TIP**

HALF WAY THERE. NOW THE REAL WORK BEGINS.

*"SET A GOAL SO BIG THAT YOU CAN'T ACHIEVE IT UNTIL YOU GROW INTO THE PERSON WHO CAN."*

4TH MAR - 10TH MAR

WEEK

NINE

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
MONDAY	OFF					
TUESDAY	EASY PACE RUN	20MIN : 0MIN	1	20 MIN	20 MIN	6/10
WEDNESDAY	OFF					
THURSDAY	EASY PACE RUN	20MIN : 0MIN	1	20 MIN	20 MIN	6/10
FRIDAY	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
SATURDAY	OFF					
SUNDAY	EASY PACE RUN	20MIN : 2MIN	2	40 MIN	44 MIN	6/10
				WEEKLY RUNNING VOLUME: 80 MIN		

WEEKLY TIP

WITH THE TRAINING LOAD STARTING TO BUILD, MAKE SURE YOU'RE KITTED OUT WITH THE RIGHT FOOTWEAR. "YOUR ONLY LIMIT IS YOU. EMBRACE THE CHALLENGE, CONQUER THE RUN."

11TH MAR - 17TH MAR

WEEK

TEN

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
MONDAY	OFF					
TUESDAY	EASY PACE RUN	20MIN : 0MIN	1	20 MIN	20 MIN	6/10
WEDNESDAY	OFF					
THURSDAY	INTERVAL DAY	5MIN : 1MIN	4	20 MIN	24 MIN	8.5/10
FRIDAY	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
SATURDAY	OFF					
SUNDAY	PARK RUN					7/10

WEEKLY RUNNING VOLUME: 85 MIN

WEEKLY TIP

MAKE SURE YOU START TO TRIAL YOUR RACE-DAY NUTRITION AND HYDRATION STRATEGIES ON YOUR LONG RUNS.  
"RUNNING IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE; IT'S ABOUT BEING BETTER THAN YOU USED TO BE."

18TH MAR - 24TH MAR

**WEEK**

**ELEVEN**

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	25MIN : 0MIN	1	25 MIN	25 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	INTERVAL DAY	5MIN : 1MIN	5	25 MIN	30 MIN	8.5/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	LONG RUN	45MIN	1	45 MIN	45 MIN	7/10
<b>WEEKLY RUNNING VOLUME: 95 MIN</b>						

**WEEKLY TIP**

*"YOU ARE NOT CHASING MILES; YOU ARE CHASING A VERSION OF YOURSELF THAT YOU'VE NEVER MET BEFORE."*



25TH MAR - 31ST MAR

WEEK

TWELVE

	ACTIVITY	RUN:WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
MONDAY	OFF					
TUESDAY	EASY PACE RUN	25MIN : 0MIN	1	25 MIN	25 MIN	6/10
WEDNESDAY	OFF					
THURSDAY	INTERVAL DAY	5MIN : 1MIN	6	30 MIN	35 MIN	8.5/10
FRIDAY	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
SATURDAY	OFF					
SUNDAY	LONG RUN	50 MIN	1	50 MIN	50 MIN	7/10
						WEEKLY RUNNING VOLUME: 105 MIN

WEEKLY TIP

BIG WEEK AHEAD HERE. THIS IS WHERE YOU SEE WHERE YOU'RE AT.

"DON'T STOP WHEN YOU'RE TIRED. STOP WHEN YOU'RE DONE." - DAVID GOGGINS

1ST APR - 7TH APR

# WEEK

# THIRTEEN

	ACTIVITY	RUN : WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	30MIN : 0MIN	1	30 MIN	30 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	INTERVAL DAY	A: 5MIN : 1MIN B: 20SEC : 40SEC	A:7 B:6	A: 35 MIN B: 2 MIN	48 MIN	A:8.15/10 B: 9/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	LONG RUN	50 MIN	1	50 MIN	50 MIN	7/10
						<b>WEEKLY RUNNING VOLUME: 117 MIN</b>

## WEEKLY TIP

ANOTHER BIG WEEK. KEEP PUTTING THE WORK IN. NOT LONG TO GO NOW.

*"IT'S NOT ABOUT HOW HARD YOU HIT. IT'S ABOUT HOW HARD YOU CAN GET HIT AND KEEP MOVING FORWARD."*

- ROCKY BALBOA

8TH APR - 14TH APR

# WEEK

# FOURTEEN

	ACTIVITY	RUN : WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	35MIN : 0MIN	1	35 MIN	35 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	INTERVAL DAY	A: 5MIN : 1MIN B: 20SEC : 40SEC	A: 7 B: 6	A: 35 MIN B: 2 MIN	48 MIN	A: 8.15/10 B: 9/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				45 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	LONG RUN	50 MIN	1	45 MIN	45 MIN	7/10
						<b>WEEKLY RUNNING VOLUME: 117 MIN</b>

## WEEKLY TIP

THIS IS THE LAST WEEK OF HARD TRAINING. TRY AND HIT THE SESSIONS AT YOUR RACE PACE.

*"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE."* - THEODORE ROOSEVELT

15TH APR - 21ST APR

# WEEK

# FIFTEEN

	ACTIVITY	RUN : WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	25MIN : 0MIN	1	25 MIN	25 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	INTERVAL DAY	A: 5MIN : 1MIN B: 20SEC : 40SEC	A: 6 B: 6	A: 30 MIN B: 2 MIN	42 MIN	A: 8.15/10 B: 9/10
<b>FRIDAY</b>	CROSS TRAINING (BIKE OR ELLIPTICAL)				30 MIN	5/10
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	LONG RUN	40 MIN	1	40 MIN	40 MIN	7/10
				<b>WEEKLY RUNNING VOLUME: 97 MIN</b>		

## WEEKLY TIP

TAPER WEEK. THE HARD WORK IS DONE NOW. TIME TO ALLOW YOUR BODY TO RECOVER AND ADAPT.  
"A SHIP IN THE HARBOUR IS SAFE, BUT THAT'S NOT WHAT SHIPS ARE BUILT FOR."

22ND APR - 28TH APR

**WEEK**

**SIXTEEN**

	ACTIVITY	RUN : WALK	SETS	RUN TIME	TIME TOTAL	RUN EFFORT
<b>MONDAY</b>	OFF					
<b>TUESDAY</b>	EASY PACE RUN	20MIN : 0MIN	1	20 MIN	20 MIN	6/10
<b>WEDNESDAY</b>	OFF					
<b>THURSDAY</b>	INTERVAL DAY	A: 5MIN : 1MIN B: 20SEC : 40SEC	A:5 B:6	A: 25 MIN B: 2 MIN	36 MIN	A:8.15/10 B: 9/10
<b>FRIDAY</b>	OFF					
<b>SATURDAY</b>	OFF					
<b>SUNDAY</b>	BALLARAT MARATHON				60 MIN	8/10
				<b>WEEKLY RUNNING VOLUME: 107 MIN</b>		

**WEEKLY TIP**

RACE WEEK! WELL DONE ON ALL YOUR WORK SO FAR.

*"YOU'VE PREPARED, PERSEVERED, AND NOW IT'S TIME TO PREVAIL. THIS IS YOUR MOMENT. SEIZE IT."*



# ***PACE CHART***

<b>5KM PB</b>	<b>10KM PB</b>	<b>HALF MARATHON PB</b>	<b>MARATHON PB (GOAL PACE)</b>	<b>EASY PACE RUN PACE</b>
18:30:00	38:30:00	01:25	3:00 (4:15/KM)	4:45 MIN/KM-5:30 MIN/KM +
20:30:00	42:30:00	01:33	3:15 (4:37/KM)	4:55 MIN/KM-5:40 MIN/KM +
21:45:00	45:30:00	01:40	3:30 (4:58/KM)	5:15 MIN/KM-6:15 MIN/KM +
23:30:00	49:00:00	01:48	3:45 (5:19/KM)	5:30 MIN/KM-6:30 MIN/KM +
25:00:00	52:00:00	01:55	4:00 (5:41/KM)	5:55 MIN/KM-6:55 MIN/KM +
26:30:00	55:00:00	02:02	4:15 (6:02/KM)	6:15 MIN/KM-7:15 MIN/KM +
28:00:00	58:30:00	02:02	4:30 (6:23/KM)	6:30 MIN/KM-7:30 MIN/KM +
30:00:00	01:02	02:15	4:45 (6:45/KM)	6:55 MIN/KM-7:55 MIN/KM +
31:30:00	01:05	02:23	5:00 (7:06/KM)	7:15 MIN/KM-8:15 MIN/KM +