



Jaco Ebertsohn







DIRECT YOUR RUN








My First 10km “NIGHT RACE” PROGRAM

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Using this program:

 Long Run	Prolonged run with the main purpose of increasing endurance and stamina. Focus on nutrition and hydration.
 Recovery Run	Active recovery that involves easy runs at a shorter distance or slower pace than usual.
 Tempo Run	Also known as threshold workouts. You run at a comfortably hard pace.
 Hill Run	Running at an incline. Also known as speed work in disguise. Search for inclines that are similar to your race profile.
 Fartlek Run	Swedish word that means “speed play”. It consists of periods of fast running intermixed with periods of slower running
 Back-to-back Run	Two consecutive long runs that helps to increase your tolerance for long hours of running.

Using this program:







 Speed Run	Running at your maximum capability for a short duration. Usually on a flat road or on a track.
VO2 Base Run	The foundation of training. It consists off a relative easy intensity with little changes in pace with the goal of developing your aerobic potential.
 Interval Run	Running at a fast pace for a set time followed by jogging at a slower pace for a set time.
 Pace build up	Starting of at an easy pace and gradually increasing it as you cover the distance and ending at a fast tempo.
 Technique Run	Running at an easy pace and focusing on your running technique.
 Familiarization Run	Running at the same intensity and/or speed that you are planning to do in your race. Also use supplements and equipment as you would on race day with a similar route to the one on race day.

Using this program:

	Alternative Fitness	Other type of cardiovascular exercise that does not have impact on your legs at an Base training intensity (Zone3)
	Strength & Conditioning	Weighted strength, power or endurance training. You can find a program on the website.
	Rest period	Short rest period between running repetitions. Try to get your heart rate below 120 beats/min
	Key Workout	Important workout for the week. If you can't get to all your sessions, make sure you get to this one.
	Night Run	Running at night with a headlamp. All is not what it seems.
	Rest Day	No training of any kind. Try to stay off your feet and recover.

Using this program:

Intensity Zones

					
Very Easy 50-60% Recovery	Easy 60-70% Steady	Moderate 70-80% Tempo	Hard 80-90% Threshold	Maximum 90-100% VO2Max	Goal Race Pace

Zone 1 to 5: based on percentage of your maximum Heart Rate

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRDA	SATURDAY	SUNDAY
WEEK 1 1 – 4 Jan 2026			★ VO2 30min	★ 2km 500m 2km 500m		★ 6km	
WEEK 2 5 – 11 Jan 2026	★ 1km 3min X 5		★ 3km 3km	 4km Rolling Hills		★ 7km	
WEEK 3 12 – 18 Jan 2026	★ 1min 1min X 10		VO2 30min	 5km		★ 8km	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>WEEK 4</div> <div>19 – 25 Jan 2026</div>	<div> </div> <div> 3km</div> <div> 1km</div> <div> 3km</div>	<div></div>	<div> </div> <div> 1km</div> <div> 1km</div> <div>X 2</div>	<div></div> <div> 6km</div>	<div></div>	<div> </div> <div> 8km</div>	<div></div>
<div>WEEK 5</div> <div>26 – 28 Jan 2026</div>	<div> </div> <div> 1km</div> <div> 500m</div> <div> Jog down</div> <div>X 4</div>	<div></div>	<div></div> <div>NIGHT RACE 2026</div>				