

10KM 8 week training plan

WEEK 1	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	30 mins walk/jog	30 mins Run		90 mins Run
MONDAY TUESDAY	Rest 15 min walk/jog	Rest 30 min Run		45 mins Run 8 x 2 mins at 10km pace with 2 mins jog recovery
WEDNESDAY	Rest	Rest	30 min run – last 10 mins at 10km pace	between efforts 45 min Run
THURSDAY	15 min walk/jog	30 min Run		30 min run – last 10 mins at marathon pace
FRIDAY SATURDAY	Rest 15 mins walk/jog	Rest Circuits of a park alternating 1 min at faster than normal		Rest Morning – 30 mins easy/Afternoon - Circuits of a park
TRAINING	Getting over the inhibitions and mental preparation for	pace / 1 min at slower than normal pace x 10 each Getting time on the feet and the start of a gradual build	pace / 1 min at slower than normal pace x 10 each	alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
OBJECTIVE:	a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.	up of training.	necessary to run at 7 min mile pace.	Runner probably already into full training for road or cross-country season. Introduction of 10km pace training.
WEEK 2 SUNDAY	GET YOU ROUND 40 mins walk/jog	SUB-1 HR 40 mins steady	SUB-45 MINS 60 mins steady	SUB-38 MINS 90 mins steady
MONDAY	Rest	Rest	Rest	45 mins Run
TUESDAY	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
WEDNESDAY THURSDAY	Rest 15 min walk/jog	Rest 30 min Run	30 min run – last 10 mins at 10km pace 45 min run	45 min Run
FRIDAY	Rest	Rest	Rest	30 min run – last 10 mins at 10km pace Rest
SATURDAY	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Moming – 30 mins easy/Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
TRAINING OBJECTIVE:	As week 1	As week 1	As week 1	As week 1
WEEK 3	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	50 mins walk/jog Rest	60 mins steady Rest	90 mins steady 30 mins easy	90 mins steady Morning – 30 mins easy/Afternoon - 45 mins easy
TUESDAY	20 mins jog	45 mins easy	45 min continuous run including 10 faster pace efforts of	4 x 1 mile efforts at 10km pace.
WEDNESDAY	Rest	Rest	between 1 & 3 mins with jog recovery (run as you please) Rest	60 min Run
THURSDAY FRIDAY	20 mins jog Rest	45 mins easy Rest	45 mins easy 30 mins easy	Morning – 30 mins easy/Afternoon – 45 mins easy 30 mins easy
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min	10 x 1 min running up shallow hill – walk back down	Rest	30 min Jog
TRAINING	recovery x 10 each Starting to run short distances continuously.	recovery Development of the long run and some hill work to build	Develop long run & faster stretches within the normal	Develop long run & faster stretches within the normal
OBJECTIVES: WEEK 4	GET YOU ROUND	strength in the legs. SUB-1 HR	steady pace run. SUB-45 MINS	steady pace run. SUB-38 MINS
SUNDAY	60 mins jog/walk	75 mins steady	5km race or time trial	5km race or time trial
MONDAY TUESDAY	Rest 25 mins easy	Rest 45 min continuous run including 10 faster pace efforts of	30 mins easy 45 min continuous run including 10 faster pace efforts of	30 mins easy 6 x 1,000 m at 5km pace – 3 mins recovery between
	·	between 1 & 3 mins with jog recovery (run as you please)	between 1 & 3 mins with jog recovery (run as you please)	each
THURSDAY	Rest 25 mins easy	Rest 45 mins steady	30 mins easy 60 mins easy	Morning – easy 30 mins/Afternoon – 60 mins steady Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m
FRIDAY SATURDAY	Rest Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	Rest 10 x 1 min running up shallow hill – walk back down recovery	Rest 12 x 1 min running up shallow hill – walk back down recovery	Rest 16 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:		Lengthening long run – the pace doesn't matter. Introduction of 'speed work' at race pace will	Building the speed necessary to run a 10km with some efforts faster than 10km pace.	Building the speed necessary to run a 10km with some efforts faster than 10km pace
1		accolorate fitness levels		
WEEK 5	GET YOU ROUND	accelerate fitness levels. SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	GET YOU ROUND 75 mins run/walk	SUB-1 HR 75 mins easy	90 mins steady	90 mins steady
	GET YOU ROUND	SUB-1 HR 75 mins easy Rest 45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you	90 mins steady 30 mins easy 45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you	90 mins steady Morning – 30 mins easy/Afternoon – 45 mins Run On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying
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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TRAINING OBJECTIVE: WEEK 6 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY FRIDAY SATURDAY FRIDAY FRIDAY SATURDAY TRAINING	GET YOU ROUND 75 mins run/walk Rest 35 mins easy Rest 35 mins easy Rest Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each 15 mins added to the long run – using the 5 min run/1 min walk strategy. GET YOU ROUND 75 mins run/walk Rest 40 mins easy Rest 40 mins easy Rest 10 x 1 min running up shallow hill – walk back down recovery Consolidation week – slight increase in the mid week	SUB-1 HR 75 mins easy Rest 45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please) Rest 60 mins easy Rest 10 x 1 min running up shallow hill – walk back down recovery Consolidation week – getting used to the balance between the long run and speed work. SUB-1 HR 75 mins easy Rest Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast. Rest 60 mins easy Rest 12 x 1 min running up shallow hill – walk back down recovery Development of ability to run faster than race pace and	90 mins steady 30 mins easy 45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please) 60 mins easy 30 mins steady Rest 12 x 1 min running up shallow hill – walk back down recovery Consolidation week – getting used to the balance between the long run and speed work. SUB-45 mINS 90 mins steady 30 mins easy Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 5 mins fast. 30 mins easy 75 mins easy 30 min easy Rest Development of ability to run faster than race pace and hold the pace for an increasing amount of time. At same	90 mins steady Morning – 30 mins easy/Afternoon – 45 mins Run On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point Morning – 30 mins easy/Afternoon – 60 mins steady Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m Rest 16 x 1 min running up shallow hill – walk back down recovery Consolidation week – getting used to the balance between the long run and speed work. SUB–38 MINS 90 mins steady Morning – 30 mins easy/Afternoon – 45 mins Run Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow, 4 mins fast/4 mins slow, 5 mins fast/5 mins slow, 10 mins easy/Afternoon – 60 mins Run Morning – 30 mins easy/Afternoon – 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down 30 min easy Rest Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a
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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TRAINING OBJECTIVE: WEEK 6 SUNDAY MONDAY TUESDAY FRIDAY WEDNESDAY THURSDAY FRIDAY SATURDAY FRIDAY SATURDAY TRAINING OBJECTIVES WEEK 7 SUNDAY MONDAY TUESDAY TUESDAY TUESDAY TUESDAY THURSDAY THURSDAY THURSDAY THURSDAY TRAINING SATURDAY FRIDAY F	GET YOU ROUND 75 mins run/walk Rest 35 mins easy Rest 35 mins easy Rest Circuit in a park - run 1 min continuous then walk 1 min recovery x 10 each 15 mins added to the long run - using the 5 min run/1 min walk strategy. GET YOU ROUND 75 mins run/walk Rest 40 mins easy Rest 10 x1 min running up shallow hill - walk back down recovery consolidation week - slight increase in the mid week runs. GET YOU ROUND 75 mins run/walk Rest 45 mins steady Rest 60 mins steady Rest 10 x1 min running up shallow hill - walk back down recovery consolidation week - slight increase in the mid week runs.	SUB-1 HR 75 mins easy Rest 45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please) Rest 60 mins easy Rest 10 x 1 min running up shallow hill – walk back down recovery Consolidation week – getting used to the balance between the long run and speed work. SUB-1 HR 75 mins easy Rest Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast. Rest 60 mins easy Rest 12 x 1 min running up shallow hill – walk back down recovery Development of ability to run faster than race pace and hold the pace for an increasing amount of time. SUB-1 HR 75 min running up shallow hill – walk back down recovery Development of ability to run faster than race pace and hold the pace for an increasing amount of time. SUB-1 HR 75 min run Rest 10 mins warm up – 20 mins at 10km pace – 10 min warm down. Rest 60 mins steady Rest 12 x 1 min running up shallow hill – walk back down recovery Race pace running is important so that your body gets	90 mins steady 30 mins easy 45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please) 60 mins easy 30 mins easy 30 mins steady Rest 12 x 1 min running up shallow hill – walk back down recovery Consolidation week – getting used to the balance between the long run and speed work. SUB-45 MINS 90 mins steady 30 mins easy Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast. 30 mins easy 75 mins easy 30 min easy Rest Development of ability to run faster than race pace and hold the pace for an increasing amount of time. At same time long run is increased to the magic 2-hrs. SUB-45 MINS 75 min run 30 mins easy 10 mins warm up – 20 mins at 10km pace – 10 min warm down. 60 mins steady Morning – 30 mins easy/Afternoon – 30 minseasy Rest 15 x 1 min running up shallow hill – walk back down recovery Race pace running is important so that your body gets the 'feel' of the speed you want to race at. Twice a day training on some days gives a boost to your endurance, and the afternoon run can sometimes be better because	90 mins steady Morning – 30 mins easy/Afternoon – 45 mins Run On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point Morning – 30 mins easy/Afternoon – 60 mins steady Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m Rest 16 x 1 min running up shallow hill – walk back down recovery Consolidation week – getting used to the balance between the long run and speed work. SUB-38 MINS 90 mins steady Morning – 30 mins easy/Afternoon – 45 mins Run Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 5 mins fast/5 mins fast/3 mins slow, 4 mins fast/4 mins slow, 5 mins fast/5 mins slow, 10 mins easy/Afternoon – 60 mins Run Morning – 30 mins easy/Afternoon – 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down 30 min easy Rest Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a long time. SUB-38 MINS 75 min run Morning – 30 mins easy/Afternoon – 30 mins easy 3 sets of 4 x 300m at 3 km pace with 100 m jog recovery between efforts/3 mins standing recovery between sets. 60 mins steady Morning – 30 mins easy /Afternoon – 30 mins easy Rest 20 x 1 min running up shallow hill – walk back down recovery Big "interval sessions" develop the heart & lungs, build strength and develop the speed necessary to run 6 min
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY TRAINING OBJECTIVE: WEEK 6 SUNDAY MONDAY TUESDAY THURSDAY FRIDAY SATURDAY TRAINING OBJECTIVES WEDNESDAY THURSDAY TRAINING OBJECTIVES WEDNESDAY THURSDAY TUESDAY TRAINING OBJECTIVES WEDNESDAY THURSDAY TRAINING OBJECTIVE: WEDNESDAY THURSDAY TRAINING OBJECTIVE:	GET YOU ROUND 75 mins run/walk Rest 35 mins easy Rest 35 mins easy Rest Circuit in a park - run 1 min continuous then walk 1 min recovery x 10 each 15 mins added to the long run - using the 5 min run/1 min walk strategy. GET YOU ROUND 75 mins run/walk Rest 40 mins easy Rest 10 x 1 min running up shallow hill - walk back down recovery Consolidation week - slight increase in the mid week runs. GET YOU ROUND 75 mins run/walk Rest 10 x 1 min running up shallow hill - walk back down recovery Consolidation week - slight increase in the mid week runs. 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OBJECTIVE:

WEEK 9

Taper down for race.

Taper down for race.

RACE DAY

Taper down for race.

RACE DAY

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RACE DAY