

TRAINING PLAN : 10K Introductory Plan



| WEEK | Phase | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|----------|----------|--|-----------|---------------------|----------|---|---------------------|
| 1 | Loading | Rest Day | 2miles easy running | Rest Day | 3miles easy running | Rest Day | 2miles easy running | 4miles easy running |
| 2 | Loading | Rest Day | Hills 8x60sec Start with a 10 min warm up. Run 10x60sec hills with jog/walk back recovery. Finish off with a 10 min warm down | Rest Day | 3miles easy running | Rest Day | 4miles easy running | 5miles easy running |
| 3 | Loading | Rest Day | Hills 10x60sec Start with a 10 min warm up. Run 10x60sec hills with jog/walk back recovery. Finish off with a 10 min warm down | Rest Day | 3miles easy running | Rest Day | 4miles progression run Start off slow, almost easy run pace and gradually build the pace in blocks of 10mins or miles. Each section getting progressively quicker until you are running @ your half marathon pace. Finish off with a 5 min warm down. | 5miles easy running |
| 4 | Loading | Rest Day | Hills 8x90sec Start with a 10 min warm up. Run 8x90sec hills with jog/walk back recovery. Finish off with a 10 min warm down | Rest Day | 3miles easy running | Rest Day | 5miles progression run Start off slow, almost easy run pace and gradually build the pace in blocks of 10mins or miles. Each section getting progressively quicker until you are running @ your half marathon pace. Finish off with a 5 min warm down. | 6miles long run |
| 5 | Specific | Rest Day | 6x1/2mile (2mins jog) @5k pace. Start with a 10 min warm up. Run 6x1/2 miles @5k pace followed by 2 minutes jog/walk to recover, repeated 6 times. Finish off with a 10 min warm down. | Rest Day | 3miles easy running | Rest Day | 4x1-mile (1mins) @marathon pace. Start with a 10 min warm up. Run 5x1-mile @ marathon pace followed by 1 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. | 4miles easy running |
| 6 | Specific | Rest Day | 6x1km (90secs) @10k pace. Start with a 10 min warm up. Run 8x1km @10k pace followed by 90-secs jog/walk to recover, repeated 8 times. Finish off with a 10 min warm down. | Rest Day | 3miles easy running | Rest Day | Hills 10x60secs Start with a 10 min warm up. Run 10x60secs hills with jog/walk back recovery. Finish off with a 10 min warm down | 6miles long run |
| 7 | Specific | Rest Day | 4x1-mile (2mins) @10k pace. Start with a 10 min warm up. Run 5x1-mile @10k pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. | Rest Day | 3miles easy running | Rest Day | 4x1-mile (1mins) @marathon pace. Start with a 10 min warm up. Run 4x1-mile @ marathon pace followed by 1 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. | 6miles long run |
| 8 | Specific | Rest Day | 8x1km (90secs) @10k pace. Start with a 10 min warm up. Run 8x1km @10k pace followed by 90-secs jog/walk to recover, repeated 8 times. Finish off with a 10 min warm down. | Rest Day | 3miles easy running | Rest Day | 3miles @10km pace Start with a 10 min warm up. Run 5miles at your 10km goal pace. Finish off with a 10 min warm down. | 7miles long run |
| 9 | Taper | Rest Day | 6x1/2mile (2mins jog) @5k pace. Start with a 10 min warm up. Run 6x1/2 miles @5k pace followed by 2 minutes jog/walk to recover, repeated 6 times. Finish off with a 10 min warm down. | Rest Day | 3miles easy running | Rest Day | 4miles easy running | 5miles long run |
| 10 | Race | Rest Day | Fartlek Run. Start with a 10 min warm up. Run 8x60sec with 60sec jog recovery as a continuous 16-minute run. Finish off with a 10 min warm down. | Rest Day | 2miles easy running | Rest Day | 2miles easy running | 10k race |

The Introductory plan is ideal if it's been a number of years since you've ran regularly or you're training for your first event. Gets you going with easy runs before slowly building your running. Perfect for you if you're not a speed demon and simply want to enjoy your time on the road.

Pace Guide

Easy Run - An easy run should be run at conversational pace maintaining relaxed breathing. Easy runs make up the bulk of your training programme.

Long Run - Your long run is similar to an Easy Run but just lasts longer! The effort is still easy but may become more difficult due to the duration of the run.

5k Pace - A pace which you have or think you could maintain for a 5k event or approximately for 30-minutes of running.

10k Pace - A pace which you have or think you could maintain for a 10k event or approximately for one-hour of running.

Half Marathon Pace - A pace which you have or think you could maintain for a HM event. Half marathon pace should be hard but controlled.

Marathon Pace - A pace which you have or think you could maintain for a marathon event. Marathon pace should be slower than HM pace but faster than easy run pace.

Rest Day - Rest days are important to allow adaptation and are used to enhance recovery and can be a complete day of rest or cross-training.