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Training Plan

10k

Intro

Our Plans

Our Training Plans are designed by Olympic finalist Andy Baddeley in collaboration with Andy Hobdell, who has coached runners to the last three Olympics at distances from 1,500m to the marathon. Andy also works with runners of all abilities to help them achieve their goals, whether that's completing the distance or dipping under a target time.

Your Current Training Level

It's really important that you don't jump straight into a new training plan without carefully assessing your current level of training. **This training plan is based on running three times per week.** Whilst the paces are adaptable to your target race goal, the overall volume of training should only be attempted if you've already built up sensibly to this frequency of running.

Flexibility

We've laid out our training plan to give you the optimum balance of different types of training and recovery. We know that life sometimes gets in the way and that you might not always be able to do exactly what is planned. If you have a tough day and can't face a planned interval workout, just getting out for an easy run is absolutely fine. You can move the days around to fit with your life and, similarly, if you need to miss a day, that's fine too. Don't panic and try to make up for lost time - **try to be sensible and remember that cramming lots of training into back-to-back days without any recovery could lead to injury or illness.**

Setting Pace Goals

Listen to your body. Choose an overall target for your 10k race that is realistic - you'll soon find out in sessions if the target pace you've picked is a stretch too far. Don't be afraid to adjust once you've done a few sessions; if you can't complete the workouts at the planned pace, then the pace is too hard at this stage.

Terminology (i)

Intervals

You're going to need to be able to run repeated efforts at your target race pace with relatively short recovery. Interval training workouts should be the hardest efforts of your week. We've given intervals as a set time or distance depending on the workout and also provided the recovery you should take after each interval. Think about an effort level, or Rate of Perceived Exertion (RPE) of 8 or 9 out of 10.

Threshold

A vital part of training for 10km is a threshold or tempo run. This is a sustained effort harder than your normal runs, but not as fast as your target 10km pace. This is one of the most efficient ways of improving your aerobic fitness. This should be at an RPE of around 7 out of 10.

Easy and Steady Runs

There's a distinction between steady and easy runs. Both of these are easier than threshold runs. On some days in the plan, you will see 'Easy to steady run'; this means you should listen to your body and run at a sensible intensity depending on whether you feel tired or fresh. For easy runs, aim for an RPE of 3-4 out of 10. For steady runs, you're looking for 5-6.

Terminology (ii)

Strides

If you're feeling okay, after an easier run can be a great time to do some strides. That's when you run around 100m at a faster pace (think about faster than your target 5km pace), then walk or jog slowly, then repeat. They're not all-out sprints, but should be controlled and are a fantastic opportunity to think about good running form when you're not too fatigued. Build into them gently, accelerating for the first 30m or so, then holding good form and coming to a gradual stop after you've run 100m.

Rest/Recovery

In the interval sessions in this plan, as well as some of the threshold runs, we've provided rest or recovery times. Where two times are given, the longer one will be the rest you take between sets and the shorter one is the rest after each interval. We'd always advocate jogging your recoveries if possible, or at the very least walking to keep yourself moving. Stay tall to get the air in, and resist the temptation to bend over with your hands on your knees.

Paces

Within interval and threshold sessions, we've provided guides for what pace to run, to help gauge your efforts. Your '10km pace' will be your target 10km pace that you're using this plan to work towards. You can use that pace or finish time to calculate your mile, 3km, 5km, half marathon and marathon paces using an online race predictor. Alternatively, you may already have run one or more of those distances in a race and can therefore use your actual times to set your paces.

The Plan

Warm Up

For easy and steady runs, start slower with shorter strides and an increased cadence until you feel like you're warmed up and are moving nicely. **For the interval sessions and threshold runs, make sure you do a thorough warm up before starting your hard efforts** - this should be a minimum of 5 minutes easy running and ideally would include some basic drills or dynamic stretches. Head to therunningchannel.com for videos to talk you through them if you need some tips!

Cool Down

We'd recommend some gentle stretching and activations after your runs whilst you're still warm. For the tougher workouts, we would also suggest a cool down jog (again aim for at least 5 minutes) before this.

Intensities

We've colour coded each day's training so that you can see at a glance when the easiest and hardest days are.

Easiest

Hardest

The Plan

Week **Sun** **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

1

Rest

Easy to steady run
10km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
10 x 2 mins
Run at 5k pace
60s jog recovery

Rest

Rest

Easy to steady run
60 mins

2

Rest

Easy to steady run
8km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
5 x 800m
Run at 10k pace
2 mins jog recovery
+
8 x 400m
Run at 5k pace
60s jog recovery

Rest

Rest

Easy to steady run
60 mins

3

Rest

Easy to steady run
10km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
1 mile @ 10k pace
3 mins jog recovery
+
8 x 60s @ 5k pace
60s recovery
+
1 mile @ 10k pace

Rest

Rest

5k or Parkrun

The Plan

Week **Sun** **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

4

Rest

Easy to steady run
8km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
10 x 2 mins
Run at 5k pace
60s jog recovery

Rest

Rest

Easy to steady run
15km

5

Rest

Easy to steady run
10km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
8 x 1km
Run at 10k pace
2 mins jog recovery

Rest

Rest

Intervals
3k @ 10k pace
3 mins recovery
8 x 30s hills
Walk back recovery
3k @ 10k pace

6

Rest

Easy to steady run
8km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
2 x (5,4,3,2,1 min)
Start at 10km pace
Progress as you feel
1 min jog recovery
3 mins between sets

Rest

Rest

Easy to steady run
12km
run this 6 km easy
then 6 km steady

The Plan

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	Rest	Easy to steady run 10km Easy/steady Plus 4 x 100m strides	Rest	Intervals 8 x 3 min Run at 10k pace 90s jog recovery	Rest	Rest	5k @ 30s per km slower than 10k pace 3 mins jog recovery 5k @ 10k pace (eg parkrun)
8	Rest	Easy to steady run 8km Easy/steady Plus 4 x 100m strides	Rest	Intervals 20 x 60s Run at 5k pace 30s jog recovery	Rest	Rest	Tempo 16km Start steady, increasing pace progressively with the last 5k close to 10k pace intensity
9	Rest	Easy to steady run 10km Easy/steady Plus 4 x 100m strides	Rest	Intervals 4-5 x 1 mile Run at 10k pace 3 mins recovery	Rest	Rest	Intervals 3k @ 10k pace 3 mins recovery 5 x 30s hills Walk back recovery Repeat all the above for a second set

The Plan

Week

Sun

Mon

Tue

Wed

Thu

Fri

Sat

10

Rest

Easy to steady run
8km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
4x (3,2,1 min)
Start at 10km pace
Progress as you feel
1min & 3min recovery

Rest

Rest

Easy to steady run
60 mins start easy
finish steady

11

Rest

Easy to steady run
10km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
5,4,3,2,1 min
Start at 10km pace
Progress as you feel
1min jog recovery

Rest

Rest

5k or Parkrun
Faster than 10k pace

12

Rest

Easy to steady run
8km
Easy/steady
Plus 4 x 100m strides

Rest

Intervals
Mile at 10k pace
3 mins jog recovery
5 x 60s at 5k pace
30s recovery

Rest

Rest

RACE

The Plan

Nothing New On Race Day

You've had twelve weeks to practise your warm up routine, what you like to eat and drink and which shoes and clothing you feel most comfortable in - don't change anything on race day!

Pacing Is Everything

The workouts in our plan make sure you're comfortable running both faster and slower than your target race pace. They should also have given you a good idea of what each pace feels like, so don't be tempted to get carried away and go too hard too early!

Enjoy It

Training is hard work and races are where you get the chance to reap the rewards. Enjoy the experience and let us know how you get on, we'd love to hear from you!