

10KM TRAINING PLAN

*3-4 HOURS PER WEEK



M T W T F S S

WEEK 1

Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy	Type Threshold run Time 15mins Instructions 2.5mins WU / 10mins Z3 / 2.5mins easy	REST DAY	Type Interval run Time 30mins Instructions 7.5mins WU; Pyramid. 1-2-3-4-3-2-1mins hard (60s rec); 5mins easy	REST DAY	Type Easy run Time 15mins Instructions 5mins WU / 10mins Z1 / 2.5mins easy	Type Race pace Time 15mins Instructions 2.5mins WU / 10mins at RP (5:40min/km for 2hrs) / 2.5mins easy
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WEEK 2

REST DAY	Type Threshold run Time 20 mins Instructions 2.5mins easy; 2x5mins at WU (1.5mins recovery); 2.5mins easy	Type Easy run Time 12.5mins Instructions 2.5mins WU / 7.5mins Z1 / 2.5mins easy	REST DAY	Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy	REST DAY	Type Long run Time 25mins Instructions Build long run volume. 25mins steady
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WEEK 3

REST DAY	Type Threshold run Time 20mins Instructions 2.5mins easy; 3x5mins threshold (1.5mins recovery); 2.5mins easy	REST DAY	Type Interval run Instructions 2.5mins easy, 4x250m hard (1mins recovery), 5mins easy. Time each one. Aim for consistency	Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy	REST DAY	Type Easy run Time 25mins Instructions 5mins WU / 20mins Z1 / 5mins easy.
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WEEK 4

REST DAY	Type Recovery run Time 10 mins Instructions Steady 10min active recovery run	Type Interval run Time 15mins (approx) Instructions 2.5mins easy. 7x1min fast (30s recover); 2.5mins easy	REST DAY	Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy	REST DAY	5K Time 30mins Instructions 5KM race pace
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WEEK 5

REST DAY	Type Recovery run Time 10 mins Instructions Steady 10min active recovery run	Type Interval run Time 15mins (approx) Instructions 2.5mins easy. 7x1min fast (30s recover); 2.5mins easy	Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy	REST DAY	Type 10K pace Time 15mins Instructions 10mins at RP, 5mins at 10sec per km faster than MP, 5mins at 15secs faster than MP	Type Long run Time 35mins Instructions Run 35mins steady paced. Pick up the pace for final 10mins
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WEEK 6

REST DAY	Type Threshold run Time 15mins (approx) Instructions 2.5mins easy. 3x3mins threshold. (45 secs rec) 2.5mins easy	Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy	Type Interval run Time 15mins (approx) Instructions 5mins easy, 4x1.5mins fast (45secs recovery), 5mins easy	REST DAY	Type Long run Distance 8km Instructions 8km easy, (30secs per km slower than RP, then 5km pick up the pace)	Type Easy run Time 15mins Instructions 2.5mins WU / 10mins Z1 / 2.5mins easy
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WEEK 7

REST DAY	Type Threshold run Time 10 mins Instructions 2.5mins easy, 5mins threshold, 2.5mins easy	Type Recovery run Time 10 mins Instructions Steady 10min active recovery run	Type Interval run Instructions 2.5mins easy, 750m at race pace (30s rec), 2x250m at 15secs faster than RP, 2.5mins easy	REST DAY	Type Long run Distance 5km Instructions 2.5km at 30secs per km slower than race pace, 2.5km at race pace	REST DAY
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WEEK 8

REST DAY	Type Race pace Instructions 2.5mins easy. 2x500m at race pace, (45s rec), 2.5mins easy	REST DAY	Type Easy run Time 5 mins Instructions Easy 5min run including 5x10s fast strides (45s recovery)	Type Easy run Time 10 mins Instructions Easy 10min jog		
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10KM TRAINING PLAN

*6-8 HOURS PER WEEK



KEY SESSIONS

LONG RUN Long runs are vital to marathon running and are the key ingredient in your training. Long runs are endurance, rather than speed focused, and help develop stamina, strength and the ability to go the distance. Long runs are done at a controlled, conversational pace.

THRESHOLD RUN Threshold runs are about running under controlled discomfort and are great for improving your running economy. After long runs, threshold runs are probably your most valuable workouts. If you're doing it correctly, then there won't be much conversation happening!

INTERVAL RUN Interval running is structured periods of harder efforts broken up by periods of recovery. They are the most intense run efforts in the training plan and will mean running fast for short periods.

MARATHON PACE (MP) These runs are done at your target marathon completion pace (approx 5:40min/km for a goal time of 4hrs) and are an essential aspect of understanding how best to race your marathon.

WARM-UP (WU) Designed to warm-up the muscles and remain injury free during harder efforts. Similarly, you should always cool down to begin the recovery process.

THINGS TO NOTE

This training plan is not randomly divided over 8 weeks. Each session builds on the previous one so don't be tempted to swap weeks around to suit your schedule. However you can change the days within a week. Just remember to rearrange the rest days to ensure maximum benefit from each session.

Complete the easy sessions easy and the hard sessions hard. Take the rest days seriously. Stretching and seeking Myotherapy and/or SMR (Self-Myofascial Release) will help improve your running and most importantly keep you injury free.

If possible avoid completing every session on a hard surface. Soft surfaces like grass, dirt and sand put less strain on your body reducing the risk of injury and provide a well-rounded workout. You will be forced to shift and adjust to uneven terrain using muscles you might not on hard and smooth surfaces only.

Fuel with adequate carbohydrates before, during and after each session. Get used to consuming gels in training and don't try anything on race day that you haven't already put into practice!

