



8 WEEK 10 KM TRAINING PLAN prepared by i-Run

Training Notes

An essential part of training is structuring a plan over time and not building up too quickly. Running is a stressful activity, for every mile you add to your training diary is another 1500-foot strikes your body needs to endure. If your training increases too rapidly you are more likely to suffer an injury. Experienced runners have spent years building up their training and their musculoskeletal endurance, flexibility and strength which allows them to run in excess of 100 miles a week. Many niggles and injuries are caused due to the disparity between a runners engine and a runners body.

Recover. Recover. Recover

The ability to recover between runs, sessions and workouts is an art – there is no written rule. When you train your body is put under a level of stress, and if you continue to stress the body without allowing your energy levels to refuel you will eventually breakdown with either injury or illness. Allowing your body to rest and recovery your body starts to repair the damage to a level higher than before as the body recognizes a need to adapt to the new level of exercise and enhanced stress levels you are exposing on it. Many runners' use varying techniques of assisting the reduction of recovery times, these include: ice baths sports massage and Nutrition (Read more in the Health section of i-Run.co.uk).

Being healthy

Physical exercise is exactly what is suggests so its important when embarking on a challenge to have a checkup from the doctor before you start training. With all forms of exercise there are risks – with the most severe being heart complications, be safe if you're in doubt. Now that's the scare out the

way, for most people running and exercise will bring huge amounts of satisfaction and a sense of achievement but with all forms of stress its essential it's monitored. Your immune system will be tested and you may find your sleep pattern may be interrupted at first due to muscle fatigue. This accumulation may cause a sore throat, colds & flu so make sure you eat a balance diet with lots of fruit and veg. Don't be afraid of taking a few days off training if you're pick up a viral infection, if you're better missing a few days with a cold then a few weeks with flu. If you've had a cold or sore throat for a long period of time you must take a break and recuperate, see your doctor if you're in any doubt.

Race Practice

As Benjamin Franklin famously said, "By failing to prepare, you are preparing to fail." Running your first race is a daunting experience and even for the best drilled of professionals toeing the line can be nerve wracking. Running in a group of thousands of people all hustling for position, being stepped on and having people stop in front of you is frustrating. Inevitably the first few kilometers will be a lot faster than intended as the atmosphere carries you forward. This is why it's important to get your confidence from a smaller run or fun run, becoming accustomed to race preparation including trying different pre-race routines, queuing for toilets and becoming comfortable with running with others at a sustained pace.

Tapering down

It generally takes at least 2 weeks for the physiological adaptations to take place from training – so overtraining in the weeks before your event doesn't really offer any benefits. Its important to get the balance between easing off too

much and getting to the start feeling tired. The 4 days before the event should be spent running at a reduce effort output, so hold back the urge to run hard as your legs start to feel fresh. Over this period of time it's important to up your Carbohydrate intake, also to keep hydrated, sip water throughout the day and add some electrolyte tablets during the day before the race. Your last big meal should be 10-12 hours before your race and a light breakfast 3 hours before the start time. Keep sipping your water or an isotonic drink right up to the moments before the gun goes for your big race.

Having the right tools

Before you set out on your training is vital that you have the right tools for the job – if you don't your training will suffer. The most essential part of any runner's kit bag is their trainers, its important to know that not every trainer is the same and that they vary in the amount of support and cushioning. Get down to your local running specialist or use the 'Choose your running shoes' article on i-Run.co.uk to find out the correct shoe for your foot type. Other essentials include, a running watch, technical clothing including socks, sports bra's (ladies!) and hi-viz accessories for early morning and night running.

Training Key Terms

Tempo – Sometimes referred to as threshold running. Tempo training is running at 80-85% of your maximum heart rate. You should be below race pace but above your normal running speed.

Steady Run – A comfortable running speed where you feel you can complete the distance without too much stress.

Recovery / Jogging – This is slow running generally at 60-65% of your max heart rate.

| Week 1 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|--|------------------------------|------------------------------|---|
| Monday | Rest | Rest | 35 min run | 45 min run |
| Tuesday | 5 min walk, 2min jog, 5 min walk, 3 min jog | 1 min jog, 1 min faster x 12 | 1 min jog, 2 min faster x 12 | 3 min, 2 min, 1 min off 90 second recovery x 3 |
| Wednesday | Rest | Rest | 35 min run | 60 min run |
| Thursday | 4 min walk, 4 min jog, 4 min walk, 4 min jog | 35 min jog | 30 min, last 10 min at tempo | 45 min run, last 15 min at tempo |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | Rest | 35 min jog | 35 min run | Morning – 7.5 min tempo, 12 x 1 min hills 7.5 min tempo |
| Sunday | 15 min of walk jog | 35 min jog | 65 min run | 75 min run |

| Week 2 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|--------------------|--|---|---|
| Monday | Rest | Rest | 40 min run | 45 min run |
| Tuesday | 20 min walk jog | 20 min run, 5 min tempo, 2 min jog 5 min tempo | 45 min, last 15 min at tempo | 5 min easy, 5 min Tempo x 3 |
| Wednesday | Rest | Rest | 35 min run | 60 min run |
| Thursday | 20 min walk jog | 35 min run | Alternating 1 min faster than tempo and 1 min at a slower pace x 15 | 6 min tempo, 2 min jog 4 min tempo x 3 |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | Rest | 1 min jog, 2 min faster x 12 | 40 min run | Morning – flat grass, alternating 1 min faster than tempo and 1 min at a slower pace x 15 |
| Sunday | 30 min of walk jog | 45 min steady | 75 min run | 90 min run |

| Week 3 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|---|---|--|---|
| Monday | Rest | Rest | 40 min run | 45 min run |
| Tuesday | 25 min walk jog | 35 min run – Last 10 tempo | 10 min easy, 15 min tempo, 10 min easy | 6 min tempo, 6 x 3 min faster than tempo, 6 min tempo all off 90 sec recovery |
| Wednesday | Rest | Rest | 45 min run | 60 min run |
| Thursday | 25 min walk jog | 35 min | 5 min easy, 5 min Tempo x 3 | Hill Session – find a 2 min hill x 12 |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | Alternating 1 min faster than tempo and 1 at a slower pace x 12 | Alternating 1 min faster than tempo and 1 min at a slower pace x 12 | Track session - 4 x 1 mile at 10k pace off 2 min (even pace) | Track session - 4 x 1 mile at 10k pace off 2 min (even pace) |
| Sunday | 45 min of walk jog | 45 min run | 80 min run | 90 min run |

| Week 4 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|------------------------------|-----------------------------|---|---|
| Monday | Rest | Rest | 45 min run | 45 min run |
| Tuesday | 1 min jog, 1 min faster x 12 | 5 min easy, 5 min Tempo x 3 | Alternating 1 min faster than tempo and 1 at a slower pace x 15 | 6 min tempo, 3 x 3 min off 90 sec, 3 x 2 min off 90 sec, 3 x 1 min off 1 min, 6 min Tempo |
| Wednesday | Rest | Rest | 45 min run | 60 min run |
| Thursday | 35 min jog/run | 40 min run | 6 min tempo, 2 min jog 4 min tempo x 3 | Hill Session – find a 1 min hill x 15 |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | 1 min jog, 2 min faster x 12 | 12 x 1 min hills | 7.5 min tempo, 12 x 1 min hills 7.5 min tempo | 15 min run, 10 min tempo, 15 min run |
| Sunday | 45 min of jog | 60 min run | 75 min run – last 15 min at tempo | 90 min run – last 15 min at tempo |

| Week 5 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|--|---------------------------------|--|--|
| Monday | Rest | Rest | 50 min run | Morning – 30 min run, Evening – 30 min run |
| Tuesday | 10 min jog, 12 x 1 min faster off 90 sec jog, 10 min jog | 7.5 min easy, 7.5 min Tempo x 2 | 4 x 1 mile off 2 min recovery at 10k pace | 5 min tempo, 10 x 2 min off 90 sec, 5 min Tempo |
| Wednesday | Rest | Rest | 45 min run | 45 min run |
| Thursday | 35 min run | 35 min run | 5 min tempo, 4 min recovery 5 x 1 min off 90, 3 min recovery, 5 x 45 sec off 1 min | 5 min tempo, 3 min recovery, 10 x 1 min off 1 min recovery |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | 5k Race (Park Run) | 5k Race (Park Run) | 5k Race (Park Run) | 5k Race (Park Run) |
| Sunday | 50 min jog | 60 min run | 75 min run | 90 min |

| Week 6 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|---|--|---|---|
| Monday | Rest | Rest | 50 min run | Morning – 30 min run, Evening – 30 min run |
| Tuesday | 15 jog, 8 x 2 min faster off 90 sec jog, 15 min jog | 7.5 min tempo, 3 min jog 5 min tempo x 2 | 3 x 4 min, 3 x 3 min, 3 x 2 min, 3 x 1 min all off 90 second recovery | 7.5 Tempo, 3 min, 2 min, 1 min off 90 x3, 7.5 Tempo |
| Wednesday | Rest | Rest | 45 min run | 60 min run |
| Thursday | 35 min run | 45 min run | 10 min run, 15 min tempo, 10 min run | 5 min tempo, 3 min recovery, (Hills) 6 x 1 min, 6 x 45 sec, 6 x 30, jog down recovery |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | 10 min easy, 5 tempo, 5 min run, 5 min tempo, 10 min easy | 10 min easy, 15 min tempo, 10 min easy | 7.5 min tempo 3 min recovery (Hills) 12 x 1 min, 7.5 min tempo. | 45 min run |
| Sunday | 60 min jog | 70 min run | 90 min run | 90 min middle 20 min at tempo (e.g. 35 min run, 20 min Tempo, 35 min run) |

| Week 7 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|-----------------------------|---|---|--|
| Monday | Rest | Rest | 50 min run | Morning – 30 min run, Evening – 30 min run |
| Tuesday | 5 min easy, 5 min Tempo x 3 | 6 min tempo, 2 min jog 4 min tempo x 3 | 5 min tempo, 10 x 2 min off 90 sec, 5 min tempo | 6 min tempo, 3 x 4min off 90 jog 2 x 2min off 1 min jog 5 x 30 sec off 1 min jog |
| Wednesday | Rest | Rest | 45 min run | 60 min run |
| Thursday | 40 min run | 40 min run | 5 min tempo, 3 min recovery, (Hills) 6 x 1 min, 6 x 45 sec, 6 x 30, jog down recovery | Hill Session – find a 2 min hill – 6 x 2 min, 6 x 1min |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | 12 x 1 min hills | 4 x 1 mile off 2 min recovery at 10k pace | 15 min run, 15 min tempo, 15 min run | 10 min run, 25 min tempo, 10 min run |
| Sunday | 50 min jog | 60 min run | 80 min run | 90 min run |

| Week 8 | Complete | Sub-1 HR | Sub-45 | Sub-38 |
|-----------|-----------------------------|---|-------------------------------|--------------------------|
| Monday | Rest | Rest | 45 min run | 50 min run |
| Tuesday | 1 min fast, 1 min slow x 12 | 3 min, 2 min, 1 min x 3 off 90 sec recovery | 6 x 3 min off 90 sec recovery | 6 x 3 min off 90 seconds |
| Wednesday | Rest | Rest | 45 min run | 45 min run |
| Thursday | 30 min run | 30 min run | 35 min run | 40 min run |
| Friday | Rest | Rest | Rest | Rest |
| Saturday | 20 min jog | 20 min jog | 30 min jog | 30 min jog |
| Sunday | Race | Race | Race | Race |

