



TRAINING PLAN

12

Run your quickest 10K ever

After a long season of racing, it's an ideal time to re-focus on running speed

This triathlon training plan is designed to help you set a new PB for running a 10K in just six weeks time – while maintaining your cycling and swimming fitness.

It's based on three runs per week, two swims and two cycles. The swims and cycles will help maintain your existing fitness, so you can concentrate on your running. The run sessions themselves are quite tough and specifically geared towards helping you run a faster 10K race.

However, if you want to run more than three times per week you could add two more midweek sessions of around 40-50 minutes at a comfortable pace – as long as you're still fresh for the key sessions.

Before you start this programme it's a good idea to do a 5K race, to see how fit you are right now. For example, parkruns are free and held weekly (parkrun.org.uk). This helps you set a realistic target for an upcoming 10K and gives you a target pace for some of the training sessions

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IS THIS PLAN FOR YOU?

Goal
10K running race PB

Timescale
6 weeks

Start Point
Swim 1km
Cycle 1 hour
Run 50 minutes

Level
Beginner

that you'll do in this six-week plan. That way you'll be basing your hopes on recent data instead of an over-optimistic idea of what you might do.

Try to run at a track (midweek), on a treadmill or anywhere with a watch that measures pace and distance. The Monday sessions are at your 5K race pace and the Thursday sessions are at your approximate 3K race pace. The ultimate aim is that after six weeks you'll be able to run 10K at a greater percentage of your 5K race pace than you could previously. Of course, it also depends on the course and conditions on the day, so try and pick a fast flat course if possible.

In addition to the swimming, cycling and running there are optional stretching sessions and core stability workouts to do each week. These will help you stay strong and avoid injury. Each workout also uses Training Zones (see descriptions on left) to help you train at the right intensity. It helps if you have a heart-rate monitor, but it's not essential. There is also a Key to help you understand abbreviations. Most importantly, listen to your body and if you feel excessively fatigued or sore, take two days off and then reassess before you resume any training.

6 WEEK PLAN TRAINING ZONES GUIDE

DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
Z1 Recovery	55-70	<2	1-6hrs	Easy
Z2 Endurance	70-75	2-3	1-3hrs	Steady
Z3 Tempo	75-80	3-4	50-90mins	Comfortable
Z4 Threshold	80-88	4-6	10-60mins	Uncomfortable
Z5 Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pull-buoy float between your thighs, KICK Kick with a float held out in front, SECS Seconds, BACK Backstroke, BREAST Breaststroke, BUILD Gradually increase your pace, Z1 Training Zone 1, Z2 Training Zone 2, Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5



	DAY	DESCRIPTION	WORKOUT	DESCRIPTION	WORKOUT
WEEK 1	Mon	Run	WU 20mins in Z2 MAIN 8x800m at 5km race pace (Z4/Z5) with 2mins rests WD 5mins in Z1/Z2	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Tue	Swim	WU 400m as (25m KICK/75m FC) MAIN 4x200m FC as (50m Z2, 50m Z3, 50m Z4, 50m Z5) +30secs rests, 2x100m PULL Z3 +15secs rests, 8x50m FC Z4 +15secs rests WD 200m easy BACK/BREAST	Core stability	30mins group Pilates or core stability class
	Wed	Bike	WU 10mins Z2, 3mins Z4, 5mins in Z2 MAIN 8mins, 7mins, 6mins, 5mins: all at high Z3/low Z4 with 3mins recoveries in Z1/Z2 WD 5mins in Z2		RECOVERY
	Thur	Run	WU 10mins Z2, 4x20secs accelerating to Z5 +20secs rests MAIN 2x(6x200m) in Z4 +20secs rest between reps and 4mins in Z1 between sets WD 5mins in Z2	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Fri	Swim	WU 400m as 2x(50m KICK/150m FC) MAIN Non stop: 250m FC Z2, 50m FC Z4, 200m FC Z2, 100m FC Z4, 150m FC Z2, 150m FC Z4, 100m FC Z2, 200m FC Z4, 50m FC Z2, 250m FC Z4 WD 100m BACK/BREAST	Core stability	30mins group Pilates or core stability class
	Sat	Run	Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain		RECOVERY
	Sun	Bike	Ride 1hr 30mins in Z2/Z3, undulating route	Stretch	30mins yoga class or home stretching (30secs per stretch)
WEEK 2	Mon	Run	WU 20mins in Z2 MAIN 6x (800m at 5K race pace (Z4/Z5) +2mins rest, 400m at 5K race pace (Z5) +1min rest) WD 5mins in Z1	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Tue	Swim	WU 300m FC, 100m KICK, 200m PULL, 100m KICK, 100m FC MAIN 4x(200m PULL Z2 +15secs rest, 4x50m FC Z5 +30secs rest) WD 200m easy FC/BACK	Core stability	30mins group Pilates or core stability class
	Wed	Bike	WU 10mins Z2, 2mins Z4, 5mins in Z2 MAIN 4x7mins all at high Z3/low Z4 with 3mins recoveries in Z1/Z2 WD 5mins in Z2		RECOVERY
	Thur	Run	WU 10mins Z2, 4x20secs accelerating to Z5 +20secs rests MAIN 2x(4x300m) in Z4 +20secs rest between reps and 4mins in Z1 between sets WD 5mins in Z2	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Fri	Swim	WU 200m (50m FC/BACK/FC/BREAST) +20secs, 200m (2x50m PULL/KICK) MAIN 300m PULL Z2, 4x100m FC Z4 +30secs, 200m PULL Z2, 3x100m FC Z4 +30secs, 200m KICK alt (25m Z1, 25m Z4) WD 200m mixed	Core stability	30mins group Pilates or core stability class
	Sat	Run	Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain		RECOVERY
	Sun	Bike	Ride 1hr 30mins in Z2/Z3, undulating route	Stretch	30mins yoga class or home stretching (30secs per stretch)
WEEK 3	Mon		RECOVERY		RECOVERY
	Tue	Swim	WU 400m FC, 300m PULL, 200m as (FC/BACK/BREAST/FC), 100m KICK MAIN 5x200m FC as (50m Z2, 100m Z4, 50m Z2) WD 200m as (FC/BACK/BREAST/FC)	Core stability	30mins group Pilates or core stability class
	Wed	Run	WU 20mins in Z2 MAIN 3x2mins in Z4 +3mins Z1/Z2 recoveries WD 5mins in Z2		RECOVERY
	Thur	Bike	WU 20mins in Z2 MAIN 5,4,3mins all in Z4 +3mins rests in Z1 WD 10mins in Z2	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Fri	Run	WU 20mins in Z2 MAIN 6x200m in Z5 +3mins rests in Z1 WD 5mins in Z2	Core stability	30mins group Pilates or core stability class
	Sat	Bike	Ride 1hr 30mins in Z2/Z3, undulating route		RECOVERY
	Sun	Run	Run in Z2 to Z3 on soft ground	Stretch	30mins yoga class or home stretching (30secs per stretch)



	DAY	DESCRIPTION	WORKOUT	DESCRIPTION	WORKOUT
WEEK 4	Mon	Run	WU 20mins in Z2 MAIN 7x1km at 5km race pace (Z4/Z5) with 2mins jog rests WD 5mins easy jog	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Tue	Swim	WU 100m FC, 100m BACK, 100m FC, 100m KICK all in Z2 MAIN 8x100m FC Z3 +10secs rests, 4x200m FC Z3 +20secs rests WD 400m in Z1 as 2x(100m PULL, 50m BACK, 50m KICK)	Core stability	30mins group Pilates or core stability class
	Wed	Bike	WU 10mins Z2, 2mins Z4, 5mins in Z2 MAIN 3x10mins all at high Z3/low Z4 with 5mins recoveries in Z1/Z2 WD 5mins in Z2		RECOVERY
	Thur	Run	WU 10mins Z2, 4x20secs accelerating to Z5 +20secs rests MAIN 2x6x400m in Z5 with 60secs between reps and 3mins between sets WD 5mins jog	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Fri	Swim	WU 8x50m FC BUILD +15secs rest MAIN 4x(400m FC/PULL Z2 +15secs rest, 100m FC Z5 +30secs rest) WD 400m your choice, in Z1/Z2	Core stability	30mins group Pilates or core stability class
	Sat	Run	Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain		RECOVERY
	Sun	Bike	Ride 1hr 30mins in Z2/Z3, undulating route	Stretch	30mins yoga class or home stretching (30secs per stretch)
WEEK 5	Mon	Run	WU 20mins in Z2 MAIN 6x1,200m at 5K race pace (Z4/Z5) +2mins rests WD 5mins easy jog	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Tue	Swim	WU 2x200m as (50m each FC, BACK, FC, KICK) +15secs, 300m as (25m PULL/FC) MAIN 6x100m alt (100m FC/100m PULL) Z4 +45secs rests, 4x50m KICK Z4 +30secs rests WD 300m as (25m KICK, 50m PULL)	Core stability	30mins group pilates or core stability class
	Wed	Bike	WU 10mins Z2, 2mins Z4, 5mins in Z2 MAIN 2x15mins all at high Z3/low Z4 with 5mins recoveries in Z1/Z2 WD 5mins in Z2		RECOVERY
	Thur	Run	WU 20mins Z2 MAIN 10x400m with 1min rests (plus a bonus extra minute rest after 5 reps) WD 5mins jog	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Fri	Swim	WU 4x(50m FC, 50m BACK, 50m FC, 50m KICK) MAIN 4x200m FC in Z3 +20secs rests, 3x400m in Z3 as (200m FC/200m PULL) +45secs rests WD 400m easy as (200m PULL, 100m BACK, 100m KICK) in Z2	Core stability	30mins group Pilates or core stability class
	Sat	Run	Run 1hr to 1hr 30mins in Z2 on soft, undulating terrain		RECOVERY
	Sun	Bike	Ride 1hr 30mins in Z2/Z3, undulating route	Stretch	30mins yoga class or home stretching (30secs per stretch)
WEEK 6	Mon		RECOVERY	Core stability	30mins group pilates or core stability class
	Tue	Run	WU 20mins in Z2 MAIN 4x60secs in Z5 +3mins Z1/Z2 recoveries WD 5mins in Z2	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Wed	Swim	WU 3x(100m FC, 50m BACK, 50m KICK, 100m PULL) +20secs MAIN 4x50m alt 12.5m FC Z5, 12.5m FC Z1+20secs, 4x50m FC Z4 +15secs, 3x100m FC Z4 +30secs, 2x200m FC Z4 +45secs WD 4x50m KICK Z3, 200m PULL Z2	Run	Run 30-40mins in Z2, preferably on soft ground, undulating terrain
	Thur	Bike	Zone 2 steady ride	Stretch	30mins yoga class or home stretching (30secs per stretch)
	Fri	Run	WU 20mins in Z2 MAIN 2x2mins in Z4 +3mins Z1/Z2 recoveries WD 5mins in Z2		RECOVERY
	Sat		RECOVERY		RECOVERY
	Sun			RACE DAY	