

# 10KM TRAINING PROGRAMME

WRITTEN FOR COMBAT STRESS

# BEGINNER Weeks 1 to 6



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	Easy 20-30 min, followed by half a dozen easy strides over 100m	Off	Off	Very easy 30 min	Very easy 30 min	Steady 20 min, running quite quick for last 5 min
2	Off	Easy 20-30 min followed by half a dozen easy strides over 100m	Off	Off	Very easy 20 min followed by strides	Easy 30 min	Steady 30 min
3	Off	Easy 20-30 min followed by half a dozen easy strides over 100m	Off	Very easy 30 min, pick up pace in the last 5 min	Off	40 min, including three 2 min surges with 1 min rest between each one	Longer, easy run
4	Off	Easy 20-30 min, plus 6 x 100m stride	Off	40 min, including 6 x 1 min surges	Off	40 min, including three 2 min surges with 1 min rest between each one	Longer, easy run
5	Off	Easy 30 min followed by half a dozen easy strides over 100m	Off	40 min, including 6 x 45 sec. surges with 45 sec. rest	Off	Very easy jog (15 min)	<b>RACE</b>
6	Off	Easy 30 min followed by half a dozen easy strides over 100m	Off	Off	40 min easy	40 min, running last 15 hard	Longer run



# BEGINNER Weeks 7 to 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Off	Easy 20-30 min followed by a dozen easy strides over 100m	Steady 30 min	Off	Off	40 min including 4 x 3 min surges	20 min easy
8	Steady 30 min	Easy 30-40 min followed by a dozen easy strides over 100m	Off	40 min, including 3x5 min with 2 min rest	Off	Easy 40 min	Longer run, 1 hr
9	Off	Easy 30-40 min followed by a dozen easy strides over 100m	Off	Off	Off	10 min jog and light stretching	<u>RACE</u> ( <u>5K OR 5</u> <u>MILES</u> )
10	10 min jog and light stretching	Easy 30-40 min	Easy 20 min	Off	Off	Easy 30 min, including 4 x 1 min surges	40 min jog
11	Very easy 30 min followed by 6 x 100m	Off	Off	Very easy 40 min, accelerating hard for 20 min	Off	Off	Easy run
12	Very easy 30 min followed by 6 x 100m	20min jog	Off	30min including 4 x 20 second strides	Off	Off	<u>RACE DAY</u>



# INTERMEDIATE Weeks 1 to 6



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	Easy 6 miles followed by 6 x 100m	Easy 8 miles	Easy 5 miles	Very easy 5 miles	40 min, followed by 8 x 200m, 1 min rest	Long run, 12-14 miles
2	Off	Easy 6 miles followed by 6 x 100m	3 x (3 min hard, 90 sec. jog, 1 min hard), off 3min	Easy 8 miles	Very easy 5 miles followed by 6 x 100m	8 miles, including 4 x 4 min hard, 2 min rest	Long run, 11 miles
3	Off	Easy 6 miles followed by 6 x 100m	1 x 600m, 2 x 500m, 3 x 400m, 4 x 300m, 5 x 200m / jog recover	Easy 10 miles	Very easy 5 miles	8 miles running, last 15 min hard	Long run, 12-14 miles
4	Off	Easy 6 miles followed by 6 x 100m	Easy 5 miles	Very easy 8-10 miles	Easy 5 miles	Jog	<b>RACE</b>
5	Off	Easy 6 miles followed by 6 x 100m	6-8 miles, including 8 x 2 min with 2 min rest	Easy 10 miles	Easy 5 miles	4 sets of 3 x 300m, 45 sec rest	Long run, 12-14miles
6	Off	Easy 6 miles	Easy 6 miles	Easy 8 miles	Easy 5 miles	Easy 8 miles	Longer run



# INTERMEDIATE Weeks 7 to 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Off	Easy 6 miles followed by 6 x 100m	20 min easy, 15 min hard, then 2 x 800m	Easy 10 miles	Easy 8 miles	Long hills. 6 x 250m, walk recovery	Long run, 12-14 miles
8	20 min easy, 15 min hard, then 2 x 800m	Easy 6 miles followed by 6 x 100m	1200m, 1000m, 800m, 600m, 400m/90 sec. rest	Easy 10 miles	Easy 8 miles	Long hills. 6 x 250m, walk recovery	Long run, 10-12 miles
9	Off	Easy 6 miles followed by 6x100m	2 miles warm-up, 4 x 400 min, 90 sec rest, 2 miles, cool down	Off	Off	Long hills. 6 x 250m, walk recovery	Long run, 12-14 miles
10	Long hills. 6 x 250m, walk recovery	Easy 6 miles followed by 6x100m	Off	Off	Light jog up to 30 min	Off	<b>RACE</b>
11	Easy 6 miles followed by 6 x 100m	Off	4 x 400m, 1 min rest	Very easy 20 min	Off	Easy 45 min	Easy 30 min
12	Easy 6 miles followed by 6 x 100m	20 min jog	Off	30 min including 4 x 20 second strides	Light jog	Off	<b>RACE DAY</b>



# ADVANCED Weeks 1 to 6



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	3-5 miles easy (am); 4-6 miles easy (pm)	3 x (600m hard, 45sec rest, 400m hard) 3 min rest	Easy 6-10 miles	Brisk pace 8 miles	5 x 1 mile, 90 sec. rest	Long run, 14-16 miles
2	Off	3-5 miles easy (am); 4-6 miles easy (pm)	Warm up, 4 x (3 min, 1 min rest, 1 min jog)	Easy 6-10 miles	Steady 10 miles, off road where possible	Warm up, 5 x 4 min, 2 min rest, warm down	Long run, 13 miles
3	Off	3-5 miles easy (am); 4-6 miles easy (pm)	600m, 400m, 300m x 3/ 1 min	6-10 miles easy	Very easy 6 miles	10 miles, running last 3 miles hard	Long run, 14 miles
4	Off	3-5 miles easy (am); 4-6 miles easy (pm)	8 x 800m, 2 min recovery	6-10 miles easy	2 sets 8 x 15 sec turnabouts (15 sec on/ 15 sec off)	Very easy 6-8 miles	Long run, 14 miles
5	Off	3-5 miles easy (am); 4-6 miles easy (pm)	6 x 1200m/ 90 sec rest	10 miles quite slow	4 sets of (800m hard, 1min rest, 200m hard) 3min rest between sets (controlled pace)	Off	<b>RACE</b>
6	Off	3-5 miles easy (am); 4-6 miles easy (pm)	20 x 200m/ 30 sec rest	6-10 miles	1 x 500m, 2 x 400m, 3 x 300m, 4 x 200m	10 miles	Long run, 14 miles



# ADVANCED Weeks 7 to 12



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Off	3-5 miles easy (am); 4-6 miles easy (pm)	2 sets 8 x 1 min/ 1 min rest/ 3 min between sets	6-10 miles easy	6-8 miles steady	10 miles, running hard last 20 min	Long run, 14-16 miles
8	2 sets 8 x 1 min/ 1 min rest/ 3 min between sets	Easy 6 miles, followed by 6 x 100m	10 miles easy	Easy 10 miles	Easy 6-8 miles	20 min jog	<b>RACE</b>
9	Off	3-5 miles easy (am); 4-6 miles easy (pm)	10 miles including 3 x 8 min hard surges	Very easy 4 miles	Off	5 x 1000m, each 5 sec. quicker than last	Long run, 14 miles
10	5 x 1000m, each 5 sec. quicker than last	3-5 miles easy (am); 4-6 miles easy (pm)	3 x 4 x 300m/ 45 sec	Steady 10 miles	Steady 10 miles	4 x 1 mile/ 1 min rest	Long run, 14 miles
11	3-5 miles easy (am); 4-6 miles easy (pm)	2 sets 4 x 200m/ 30 sec rest	Easy 8-10 miles	6 miles steady including 6 x 100 fast stride	Very easy 20 min	Very easy 20 min	Long run, 10 miles
12	3-5 miles easy (am); 4-6 miles easy (pm)	20 min jog	20 min jog	30 min easy including 4 x 20 second strides	Off	Off	<b>RACE DAY</b>

