

12 week 10k running plan

Fitness - Mod

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c	Week 1	Rest	Continuous run 25mins at level 5	Rest	Continuous run 25mins at level 5	Rest	Intervals 1:3 for 20mins	60mins walking at level 3 - flat route
w/c	Week 2	Rest	Continuous run 25mins at level 5	Rest	Continuous run 25mins at level 5	Rest	Intervals 1:3 for 20mins	60mins walking at level 3 - flat route
w/c	Week 3	Continuous run 30mins at level 5	Rest	Intervals 1:3 for 20mins	Rest	Fartlek run - 5km at level 4 minimum	Rest	Continuous run 30mins at level 5
w/c	Week 4	Continuous run 30mins at level 5	Rest	Intervals 1:3 for 20mins	Rest	Fartlek run - 5km at level 4 minimum	Rest	Rest
w/c	Week 5	Continuous run 35mins at level 5	Rest	Intervals 1:2 for 25mins	Rest	Fartlek run - 6km at level 4 minimum	Rest	Intervals 1:2 for 25mins
w/c	Week 6	Continuous run 35mins at level 5	Rest	Intervals 1:2 for 25mins	Rest	Fartlek run - 6km at level 4 minimum	Rest	Intervals 1:2 for 25mins
w/c	Week 7	Rest	Continuous run 40mins at level 5	Rest	Intervals 1:2 for 25mins	Rest	Fartlek run - 8km at level 5 minimum	Intervals 1:2 for 25mins
w/c	Week 8	Rest	Continuous run 40mins at level 5	Rest	Continuous run 40mins at level 5	Rest	Fartlek run - 8km at level 5 minimum	Rest
w/c	Week 9	Continuous run 45mins at level 5	Rest	Intervals 1:2 for 30mins	Rest	Fartlek run - 9km at level 5 minimum	Rest	Intervals 1:2 for 30mins
w/c	Week 10	Continuous run 45mins at level 5	Rest	Intervals 1:2 for 30mins	Rest	Fartlek run - 10km at level 5 minimum	Rest	Intervals 1:2 for 30mins
w/c	Week 11	Fartlek run - 7km at level 4 minimum	Rest	Continuous run 50mins at level 5	Rest	Intervals 1:2 for 30mins	Rest	Fartlek run - 10km at level 5 minimum
Race week	Week 12	During the week of your race, you should train only at continuous pace for same as week 11, then leave 2 full rest days prior to the event,						

Effort Scale

- 1-3 Easy up to a gentle pace
- 4-5 Able to hold a conversation
- 6-7 Getting out of breath
- 8-9 Cant talk - uncomfortable
- 10 Flat out sprint

Continuous paced training

Continuous paced training should be at level 5/6 maximum and should be maintained for the time indicated.

Interval training

(after warming up for 4/5 minutes at level 5)

- 1:1 intervals - 1 min at level 8 followed by 1 min at level 4/5
- 1:2 intervals - 1 min at level 8 followed by 2 mins at level 4/5
- 1:3 intervals - 1 min at level 8 followed by 3 mins at level 4/5

Fartlek training

This is random paced training (Fartlek is a swedish word meaning "speedplay") so vary the speed depending on how strong you feel and how hard you would like to work.

Distance calculator

- 5km = 3.16 miles
- 6km = 3.72 miles
- 7km = 4.34 miles
- 8km = 4.97 miles
- 9km = 5.59 miles
- 10km = 6.21 miles



Quadriceps stretch



Standing calf stretch



Standing hamstring stretch



Hip adductor stretch



Hip flexor stretch



Piriformis stretch