



10 Weeks to 10k Training Plan

**Race will take place on April
17th at 7pm and is in aid of
local charity SAFE
Castlebelligham**

**Please note this is an easy to follow beginner's training plan.
Please alter to make it suit you and your schedule.**



WEEKLY WORKOUTS

This plan includes five types of workout activities each week. These are all important to get the fittest, strongest and fastest version of you to the Finish Line.

When planning your runs and end goal, it will be important to understand that you will need to experience different perceived efforts over different distances. For example, you can't maintain your 1k personal best time over a longer distance run such as a marathon. This is something you need to take into consideration when planning your goals and race pace.

As a guideline for this, you can rank your effort as a percentage from 0-100%. For example 100% is your full-on, max effort, can't breathe for a while after you finish, sprint.

Distance	Perceived effort	Notes
5k	85 - 95%	High intensity pace, you should be breathless. This feels like a sprint.
10k	80 - 85%	More challenging pace, and breath is laboured. You feel good at the start but becomes more difficult as you progress.
Half Marathon	70 - 85%	Tempo effort, and breathing is less laboured. This is a challenging pace but you can sustain it.
Full Marathon	50 - 70%	Smooth pace, and easier to talk throughout. Testing but sustainable and your marathon time is expected to be just over double your half marathon time.

EASY

During an easy run you should aim to recover from hard efforts, and keep your legs mobile before the upcoming training that week. Aim for a gentle pace to really relax and enjoy yourself – you should be able to easily hold a conversation throughout.

STEADY/SLOW

Steady runs should feel a little more challenging and aim for around 60-75% effort. These runs help to get the miles under your belt, increase your distance and build your aerobic fitness and endurance. You will be able to talk intermittently in short sentences but can no longer maintain a conversation.

RACE PACE

On a race pace run you should complete this at the same pace you are aiming to finish your race on the day. For example, if you would like to complete your 10k/6mile race in 1 hour (10 minute miles), then you should complete your 4 mile race pace run in 40 minutes. Look out for our handy Race Pace Chart in this pack that will help you with this.

INTERVALS

Interval training is great to include in your training as a way to work harder than you would if it was a continuous effort. In this beginner 10k plan this is referred to as “Run-Walk” but uses the same principles. Switching between fast and slower efforts can help increase muscle power and endurance and is more performance-boosting than just running the miles. Alternate short high intensity bursts of activity with periods of rest and recovery inbetween. Interval training utilises both the anaerobic and aerobic energy systems of the body, which provides a whole host of benefits.

Benefits of interval training:

Reduce risk of injury or overtraining

Faster and more efficient workouts

Increased endurance

Weight loss



CROSS TRAINING

Cross training can do wonders in a run training plan. This simply means do an alternative type of exercise to running. This will keep up your fitness but also reduce the overall strain on your running muscles. Some examples of cross training that are great for your body include cycling, swimming, pilates, yoga or weights to strengthen and condition and hold your muscles in place when you get tired.

10k - 10 Week Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	20 mins easy	Rest	20 mins easy	Rest	Rest	Long run: 2 miles (3km) slow
2	Rest	30 mins easy	Rest	30 mins Run-Walk	Rest	Rest	Long run: 2 miles (3km) race pace
3	Rest	30 mins easy	Rest	30 mins Run-Walk	Rest	Rest	Long run: 3 miles (5km) slow
4	Rest	40 mins easy	Rest	30 mins Run-Walk	Rest	Rest	Long run: 3 miles (5km) race pace
5	Rest	40 mins easy	Rest	40 mins Run-Walk	Rest	Rest	Long run: 4 miles (6km) slow
6	Rest	50 mins easy	Rest	40 mins Run-Walk	Rest	Rest	Long run: 4 miles (6km) race pace
7	Rest	50 mins easy	Rest	50 mins Run-Walk	Rest	Rest	Long run: 5 miles (8km) slow
8	Rest	60 mins easy	Rest	50 mins Run-Walk	Rest	Rest	Long run: 6 miles (10km) slow
9	Rest	50 mins easy	Rest	40 mins Run-Walk	Rest	Rest	Long run: 5 miles (8km) race pace
10	Rest	40 mins easy	Rest	30 mins Run-Walk	Rest	Rest	RACE DAY!

*All distances are approximate

Starting run level	Can walk 5k comfortably.
Rest day	Don't do anything strenuous
Easy	You should be able to talk throughout
Run-Walk	Fast pace run, walk when you need to (for twice as long as the run). For eg. Run 1 min, Walk 2 mins
Slow	Gentle jog to get mileage under your belt
Race pace	You should run this at the pace you would like to complete your race in on the day

Take a look at our Race Pace Chart below to see approximate splits to hit your target time on race day (and for you to use in your race pace runs).

As an example, if you are aiming to complete your 10k in 60 minutes, then you will need to run an average of 6 mins for every km (or 9:40 for every mile) throughout the race e.g. 1km within 6 mins, 2 km within 12 mins, 3 km within 18 mins etc. On race pace runs, you should also practice at this speed.

10k RUNNING PACE CHART

Goal finish time	Race pace (km)	Race pace (miles)
30 mins	03:00 / km	04:50 / mile
35 mins	03:30 / km	05:40 / mile
40 mins	04:00 / km	06:30 / mile
45 mins	04:30 / km	07:15 / mile
50 mins	05:00 / km	08:05 / mile
55 mins	05:30 / km	08:50 / mile
60 mins	06:00 / km	09:40 / mile
65 mins	06:30 / km	10:30 / mile
70 mins	07:00 / km	11:15 / mile
75 mins	07:30 / km	12:05 / mile
80 mins	08:00 / km	12:50 / mile
85 mins	08:30 / km	13:40 / mile
90 mins	09:00 / km	14:30 / mile

* Times are approximate and you should sense check your own chosen pace

NEXT STEPS

Move on to your next Training Plan

Once you've completed this pack, why not take a look at the Advanced Training Plan or Easy Plan for the next distance up?

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