

**10KM TRAINING PLAN
WEEK 1**

DAY	ACTIVITY	DURATION
SUNDAY	OFF	OFF
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	OFF	OFF
THURSDAY	STEADY RUN	5KM
FRIDAY	OFF	OFF
SATURDAY	STEADY RUN	3KM

**10KM TRAINING PLAN
WEEK 2**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	6
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	OFF	OFF
THURSDAY	STEADY RUN	6KM
FRIDAY	OFF	OFF
SATURDAY	STEADY RUN	3KM

**10KM TRAINING PLAN
WEEK 3**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	6
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	OFF	OFF
THURSDAY	STEADY RUN	6KM
FRIDAY	OFF	OFF
SATURDAY	STEADY RUN	3KM

**10KM TRAINING PLAN
WEEK 4**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	8
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	STEADY RUN	3KM
THURSDAY	STEADY RUN	6KM
FRIDAY	OFF	OFF
SATURDAY	STEADY RUN	3KM

**10KM TRAINING PLAN
WEEK 5**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	8
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	3X400 M HILLS	2.5KM
THURSDAY	STEADY RUN	6KM
FRIDAY	STEADY RUN	5KM
SATURDAY	OFF	OFF

**10KM TRAINING PLAN
WEEK 6**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	10
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	4X400 M HILLS	3KM
THURSDAY	STEADY RUN	5KM
FRIDAY	STEADY RUN	6KM
SATURDAY	OFF	OFF

**10KM TRAINING PLAN
WEEK 7**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	10
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	8KM
WEDNESDAY	4X400 M HILLS	4KM
THURSDAY	STEADY RUN	5KM
FRIDAY	OFF	OFF
SATURDAY	STEADY RUN	6KM

**10KM TRAINING PLAN
WEEK 8**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	11
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	6KM
WEDNESDAY	6 X 400 M HILLS	5KM
THURSDAY	STEADY RUN	8KM
FRIDAY	STEADY RUN	5KM
SATURDAY	OFF	OFF

**10KM TRAINING PLAN
WEEK 9**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	11
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	8KM
WEDNESDAY	TEMPO	8KM
THURSDAY	STEADY RUN	5KM
FRIDAY	OFF	OFF
SATURDAY	STEADY RUN	6KM

**10KM TRAINING PLAN
WEEK 10**

DAY	ACTIVITY	DURATION
SUNDAY	LSD (WALK/RUN)	13
MONDAY	OFF	OFF
TUESDAY	STEADY RUN	8KM
WEDNESDAY	TEMPO	5KM
THURSDAY	STEADY RUN	OFF
FRIDAY	RACE PACE	3KM
SATURDAY	OFF	OFF

TRAINING PLAN LEGEND



LSD (Walk/Run)
Long Slow Distance



HILLS
Go up!



Tempo
Anaerobic threshold
or lactate-threshold run



Fartlek
Speed Play



Steady Run
Below Race Pace



Race Pace
Your Race Day
Pace Goal

TRAINING PLAN LEGEND

LSD (Walk/Run)



LSD (Walk/Run) Long Slow Distance

Long Slow Distance runs are the cornerstone of any distance training program. These runs will build your strength, resiliency and fitness.

These runs are meant to be done slower than race pace so don't be overly concerned with your pace. One way to easily tell you are running slow enough is that you should be able to hold a conversation with ease while running.

LSD runs help to prepare you for mentally longer distances.

It can be easy to run long runs too fast in the first weeks of the program, but avoid this to avoid injury. Many runners push these runs too fast because they feel like they need to work hard. However, the feeling that you are 'working hard' should be reserved for a Tempo run, so as to not negatively impact your training program

TRAINING PLAN LEGEND

TEMPO



Tempo Anaerobic threshold or lactate-threshold run

Tempo runs should be done at a pace that feels “comfortably hard”.

Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.

Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.

TRAINING PLAN LEGEND

STEADY RUN



Steady Run - Below Race Pace

Steady run is a run below one's targeted race pace.

Run at comfortable speed; if in doubt, go slow.

TRAINING PLAN LEGEND

HILLS



Hills - Go up!

Hill training combines the benefits of both interval and speed training. They develop strength and fitness.

Hills can be run over a variety of distances and grades and can be combined with longer runs. Generally when introduced to LSD, Tempo and Steady Runs the Hills match the effort of the run.

Hills can be run as repeats or as hilly runs.

TRAINING PLAN LEGEND

FARTLEK



Fartlek - Speed Play

Short bursts at 70-80% effort, plus recovery periods that allow time to bring the heart rate down where it sits on a LSD run.

To build determination and strength. Fartlek teaches a runner to run at a varied tempo instead of locking into one pace.

TRAINING PLAN LEGEND

RACE PACE

Race Pace - Your Race Day Pace Goal

To train the body to run at exactly the pace and intensity that will be required during the target race.

To train the body and mind to become comfortable being uncomfortable. Generally Race Pace is done above lactic threshold but that can vary as most runners will not run a Marathon above lactic threshold.

To develop stamina and pace judgment.

It is important that Race Pace be done at where you are at in fitness, not where you want to be. Your technique and day-to-day training program will be compromised if you have not built the adequate fitness and strength base to handle the goal pace. Let this pace build over the course of your program and use it as a marker for improvement.

