



## Advanced 10K - 10 Week Training Programme

Your complete guide to achieving your next 10k PB goal. A diverse training plan with race pace charts and guide that's easy to follow for a complete varied weekly training. 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.

**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.

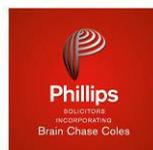
**STEADY/SLOW** Steady runs should feel a little more challenging and aim for around 60-75% effort. These runs help to get the miles under your belt, increase your distance and build your aerobic fitness and endurance. You will be able to talk intermittently in short sentences but can no longer maintain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

- 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.



	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
<b>Wk 1</b>	REST	20 mins easy	30 mins Cross training	REST	20 mins easy	REST	Long run: 4 miles (6km) slow
<b>Wk 2</b>	REST	30 mins easy	30 mins Cross training	REST	30 mins Intervals	REST	Long run: 4 miles (6km) race pace
<b>Wk 3</b>	REST	30 mins easy	30 mins Cross training	REST	30 mins Intervals	REST	Long run: 5 miles (8km) slow
<b>Wk 4</b>	REST	40 mins easy	30 mins Cross training	REST	30 mins Intervals	REST	Long run: 5 miles (8km) race pace
<b>Wk 5</b>	REST	40 mins easy	45 mins Cross training	REST	30 mins Intervals	REST	Long run: 6 miles (10km) slow
<b>Wk 6</b>	REST	30 mins easy	30 mins Cross training	REST	30 mins Intervals	REST	Long run: 7 miles (11km) slow
<b>Wk 7</b>	REST	30 mins easy	30 mins Cross training	REST	40 mins Intervals	REST	Long run: 8 miles (13km) slow
<b>Wk 8</b>	REST	25 mins easy	30 mins Cross training	REST	40 mins Intervals	REST	Long run: 7 miles (11km) slow
<b>Wk 9</b>	REST	25 mins easy	45 mins Cross training	REST	40 mins Intervals	REST	Long run: 5 miles (8km) race pace
<b>Wk 10</b>	REST	30 mins easy	30 mins Cross training	REST	30 mins Intervals	REST	<b>RACE DAY</b>

- Starting run level**      Can walk 5k comfortably
- Rest day**                Don't do anything strenuous
- Easy**                        You should be able to talk throughout
- Intervals**                Fast pace run, jog when you need to (for twice as long as the run - there should be a noticeable distance in speed). 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

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

