

The following training programmes are guides to help you achieve your goals.

10km training programme for someone who just wants to finish the race.

The number in () is the effort level, with 1 being easy and 10 aaaagh I'm going to puke.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 30min (4)	Rest	Run 15 min (6)	Rest	Run 10min (5) Walk 3 min (4). Repeat (total 26min)	Rest	Run 25min (5)
Week 2	Run 15min (5)	Rest	Run 20 min (6)	Rest	Run 15 min (7)	Rest	Run 30min (5)
Week 3	Run 20 min (5)	Rest	Run 20 min(7)	Rest	Run 25 min (5-6)	Rest	Run 35min (5)
Week 4	Walk 40min (3-4)	Rest	Run 5 min (5), then repeat 5 times, run 1 min (8-9) walk 1 min (2) (total 15min)	Rest	Run 25 min (5-6)	Rest	Run 40min (5)
Week 5	Run 20 min (5)	Rest	Run 5 min (5), then repeat 6 times, run 1 min (8-9) walk 1 min (3-4) (total 17min)	Rest	Run 20 min (7)	Rest	Run 45min (5)
Week 6	Walk 40 min(4)	Rest	Run 5 min (5), then repeat 8 times, run 1 min (8-9) walk 1 min (4) (total 21min)	Rest	Run 30 min (5-6)	Rest	Run 50min (5)
Week 7	Run 25 min(5)	Rest	Run 5 min (5), then repeat 8-10 times, run 1 min (8-9) run 1 min (5) (total 21-25min)	Rest	Run 20 min (7)	Rest	Run 60min (5)
Week 8	Run 30 min (5)	Rest	Run 20 min (7)	Rest	Rest	Rest	10k Race Day

From Running made Simple

A sub 50 minute 10k

You can really see your 10K fitness rocket over a preparation period of eight weeks. This programme is designed to be used the 8 weeks before the race and concentrates on speed work. It does assume that you have a good base level of fitness and are running regularly (at least 3 times a week) doing about 20 miles a week.

Setting your sights for a 40 – 50 minute 10k time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	2M warm-up, then 8 x 400m or 75 secs, with 400m or 2-3 min recoveries, then 2M cool-down	4-7M slow	30-35 mins light fartlek	Rest	2M easy, then 3 x 1M or 6 mins at 80-85%, with 800m or 3-4 min recoveries, then 2M easy	5M easy
Week	Rest	2M warm-up, then 6 x 600m	4-7M slow	30-40 mins	Rest	2M easy, then 3 x 2000m or	6M easy

2		or 2mins, with 400m or 2-min recoveries, then 2M cool-down		steady, inc hills		7-8 mins at 80-85%, with 1000m or 4-min recoveries, then 2M easy	
Week 3	Rest	2M warm-up, then 5 x 800m or 3 mins, with 1000m or 5-min recoveries, then 2M cool-down	4-8M slow	30-40 mins fartlek	Rest	Warm up, then 15-20 mins at 70%, then 15-20 mins at 85%-90%, then cool down	7M easy
Week 4	Rest	2M easy, then 3 sets of 3 x 500m or 90-100 secs, with 300m or 2-min recoveries and 800m or 6 mins between sets, then 2M cool-down	4-7M slow	20 mins tempo run	Rest	Warm up, then 4 x 1M or 6-8 mins, with 1200m or 4-min recoveries, then cool down	8M easy
Week 5	Rest	2-2.5M warm-up, then 10-12 x 400m or 80-90 secs, with 400m or 2-3 min recoveries, then 2.5M cool-down	Rest OR slow run	40-45 mins, inc hills	Rest	Pyramid session: 1K, 2K, 3K at slower than 10K pace, with half-length recoveries. Feel in control of the session and use good terrain	9M easy
Week 6	Rest	2-3M warm-up, then 3 sets of 3 x 600m or 3 mins, with 400m or 2-3 min recoveries and 1000m or 7 mins between sets, then 2-3M cool-down	5-8M slow	40-45 mins light fartlek	Rest	Warm up, then 5 x 1M or 6-8 mins, with 1000m or 4-min recoveries, then long, slow cool-down	9-10M easy
Week 7	Rest	2-3M warm-up, then 12-15 x 400m or 80 secs, with 400m or 2-3 min jog recoveries, then 2-3M cool-down	4-5M slow OR rest	20 mins tempo run	Rest	6-9M gradual acceleration, with last 2-3M at 10K pace	10+M easy
Week 8	Rest	2M warm-up, then 3 x 1200m or 4 mins, with 400m or 2-3 min recoveries, then 2M cool-down	4-7M slow	30-40 mins easy	Rest	3-5M easy, inc a few strides	RACE

Sean Fishpool Runners World

Beginner's Schedule for a 5km

Week One

Mon Rest

Tue Run 1 min, walk 1 min. Do 10 times

Wed Rest

Thu Run 2 mins, walk 4 mins. Do 5 times

Fri Rest

Sat Rest

Sun Run 2 mins, walk 4 mins. Do 5 times

Week Two

Mon Rest

Tue Run 3 mins, walk 3 mins. Do 4 times

Wed Rest

Thu Run 3 mins, walk 3 mins. Do 4 times

Fri Rest

Sat Rest

Sun Run 5 mins, walk 3 mins. Do 3 times

Week Three

Mon Rest

Tue Run 7 mins, walk 2 mins. Do 3 times

Wed Rest

Thu Run 8 mins, walk 2 mins. Do 3 times

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

Week Four

Mon Rest

Tue Run 8 mins, walk 2 mins. Do 3 times

Wed Rest

Thu Run 10 mins, walk 2 mins. Do twice then run for 5 mins

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

Week Five

Mon Rest

Tue Run 9 mins, walk 1 min. Do 3 times

Wed Rest

Thu Run 12 mins, walk 2 mins. Do twice then run for 5 mins

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

Week Six

Mon Rest

Tue Run 15 mins, walk 1 min. Do twice

Wed Rest

Thu Run 8 mins, walk 2 mins. Do 3 times

Fri Rest

Sat Rest

Sun 5K Race!

These programmes have been provided by Judy Jarman, Personal Trainer. If you want more individual advice or training programmes please contact her on 01962-855962 or judy_jarman@yahoo.co.uk