

# **10k TRAINING SCHEDULES:**

Prepared by Maurice Ault – UK Athletics Group Event Coach (Speed & Endurance).

## **Introduction:**

My approach to running has always been to keep it simple. Internationals and super elite runners very often have personal coaches and are able to dedicate their daily lives to running. Most others have to fit training and racing around family, work, education and social constraints. These programmes recognise these constraints and can be modified to suit each individual's needs and circumstances.

## **Key considerations in training plans:**

Whatever one's natural ability may be, and irrespective of age, certain general principles apply.

1. Training should be focused on the reason for running, and racing, in the first place.
2. Training needs to be meaningful and related to each person's natural physical ability.
3. One can continually improve until optimum performance level is reached.
4. Never train when unwell (or injured) – no matter how slight the problem maybe. You will only make the problem worse and delay your return to normal training.
5. Never train in adverse weather conditions. You will only waste time and energy.
6. Quality of training is always more important than quantity. Don't do 'junk' miles.
7. It's essential to keep a simple training diary noting dates, weather conditions, what training is done & how did you feel during, and after, training.

## **Important elements in training:**

1. Training should always include aerobic work, eg making the heart and lungs work hard thereby making the running engine more powerful and able to operate at a higher level of performance.
2. General strengthening & conditioning of the running body. Arms, legs and the upper body should function correctly and hence be 'conditioned' by exercise. General gym work is excellent for general body conditioning.
3. Good running technique should be constantly developed and applied. High knees, high leg back lift and good arm action are all essential for quality running.

4. Developing good foot speed, a good stride and regular cadence.
5. Varying levels of speed should be practiced so one can adjust the running pace to the distance run.
6. Developing general overall endurance capability is essential.

### **The four major components in training:**

These are common to any runner irrespective of ability or gender.

1. **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
2. **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
3. **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
4. **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

In any given weekly period one should incorporate these 4 runs BUT novice runners, or those with 'time to train' constraints can miss out the Hard Run (or Quality Run), if they wish.

## Beginners 10km Training Schedule

If you complete the beginners 5km programme you should be able to take part in a 10 Km (6.21 miles) race because you will have already completed 3 long runs of 6 miles. To 'race' a 10 Km you need to build up your long runs to about 8 miles. The other elements of the programme remain unchanged. You could usefully extend the weekly easy run by 1 mile.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	4 miles Long Run		3 miles Quality Run		3 miles Hard Run, Hilly Course		3 miles Quality Run
2	4 miles Long Run		3 miles Quality Run		3 miles Hard Run, Hilly Course		3 miles Quality Run
3	5 miles Long Run		3 miles Quality Run		3 miles Hard Run, Hilly Course		3 miles Quality Run
4	5 miles Long Run		2 miles Quality Run		3 miles Hard Run, Hilly Course		2 miles Easy Pace
5	5 miles Long Run		4 miles Quality Run		3 miles Hard Run, Hilly Course		4 miles Quality Run
6	6 miles Long Run		4 miles Quality Run		3 miles Hard Run, Hilly Course		4 miles Quality Run
7	6 miles Long Run		4 miles Quality Run		3 miles Hard Run, Hilly Course		4 miles Quality Run
8	7 miles Long Run		3 miles Quality Run		3 miles Hard Run, Hilly Course		3 miles Easy Pace
9	7 miles Long Run		4 miles Quality Run		4 miles Hard Run, Hilly Course		3 miles Quality Run

10	8 miles Long Run	5 miles Quality Run	4 miles Hard Run, Hilly Course	3 miles Quality Run
11	8 miles Long Run	5 miles Quality Run	4 miles Hard Run, Hilly Course	4 miles Quality Run
12	4 miles Fast pace	3 miles Fast pace		RACE!!

### Key:

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
- **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
- **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

## Intermediate 10km Training Schedule

It's a good idea to build up the weekly long runs to 9 miles and to increase all the hard runs by another mile. The quality runs can remain the same.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	5 miles Long run		3 miles Quality Run		4 miles Hard Run Hilly Course		3 miles Quality Run
2	<b>5 miles Long Run</b>		<b>3 miles Quality Run</b>		<b>4 miles Hard Run Flat Course</b>		<b>3 miles Quality Run</b>
3	5 miles Long Run		3 miles Quality Run		4 miles Hard Run Hilly Course		3 miles Quality Run
4	<b>6 miles Long Run</b>		<b>2 miles Quality Run</b>		<b>4 miles Hard Run Flat Course</b>		<b>2 miles Easy Pace</b>
5	6 miles Long Run		4 miles Quality Run		4 miles Hard Run Hilly Course		4 miles Quality Run
6	<b>6 miles Long Run</b>		<b>4 miles Quality Run</b>		<b>4 miles Hard Run Hilly Course</b>		<b>4 miles Quality Run</b>
7	7 miles Long Run		4 miles Quality Run		4 miles Hard Run Hilly Course		4 miles Quality Run
8	<b>7 miles Long Run</b>		<b>3 miles Quality Run</b>		<b>4 miles Hard Run Flat Course</b>		<b>3 miles Easy Pace</b>
9	8 miles Long Run		4 miles Quality Run		5 miles Hard Run Hilly Course		3 miles Quality Run

10	8 miles Long Run	5 miles Quality Run	5 miles Hard Run Hilly Course	3 miles Quality Run
11	6 miles Long Run	5 miles Quality Run	4 miles Hard Run Hilly Course	4 miles Quality Run
12	4 miles Fast pace	3 miles Fast pace		RACE!!

### Key:

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
- **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
- **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

## Advanced 10km Training Schedule

With this programme the weekly long runs will be increased up to 10 miles. The standard quality runs are longer and the tempo should be increased to 90% of your estimated 10Km race pace. The other runs remain unchanged.

WEEK	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	7 miles Long Run		5 miles Quality Run			Hills 4x 150m (jog back to recover)	4 miles Quality Run
2	<b>7 miles Long Run</b>		<b>5 miles Quality Run</b>			<b>Hills 4x 200m (jog back to recover)</b>	<b>4 miles Quality Run</b>
3	7 miles Long Run		3x400m Flat Out			Hills 3x 300m (jog back to recover)	5 miles Quality Run
4	<b>8 miles Long Run</b>		<b>5 miles Quality Run</b>			<b>4 miles Hard Run, Hilly Course</b>	<b>4 miles Quality Run</b>
5	8 miles Long Run		4x400m - Flat Out			Hills 4x 300m (jog back to recover)	5 miles Quality Run
6	<b>8 miles Long Run</b>		<b>5x400m Flat Out</b>			<b>Hills 5x 300m (jog back to recover)</b>	<b>5 miles Quality Run</b>
7	9 miles Long Run		5x400m Flat Out			Hills 6x 300m (jog back to recover)	6 miles Quality Run



8	9 miles Long Run	4 miles Quality Run	4 miles Hard Run, Hilly Course	6 miles Quality Run
9	9 miles Long Run	6x400m Flat Out	Hills 7x 300m (jog back to recover)	6 miles Quality Run
10	10 miles Long Run	7x400m Flat Out	Hills 8x 300m (jog back to recover)	7 miles Quality Run
11	10 miles Long Run	10x300m Flat Out	Hills 12 x 150m (jog back recover)	7 miles Quality Run
12	5 miles Fast Pace	4 miles Steady Pace		RACE!!

### Note:

With the hill and speed work sessions (with 5 reps or more) you can usefully break them down into groups of 3 or 4 reps (called sets) and take a short rest of say 3 – 4 minutes. Take care not to get cold.

It is important to use the jog back recovery sensibly so you can always repeat the effort (and time taken) on each rep. The emphasis throughout is: work the rep very hard – recover & repeat. If you have access to an athletic track then its better to do the speed work reps there. The hill distances don't need to be exact so long as the distance worked is about right.

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