

10K 6 WEEK TRAINING PLAN

This plan has been designed with a planned virtual race day of **Sunday 8 November 2020**.

If that date doesn't work for you or if the weather isn't ideal, follow the suggested Week 7 schedule.

BEGINNERS – choose the lesser distance or time suggested and include 1min walk breaks throughout if needed.

For example, a 40 min run could be 4x (9 min run + 1 min walk).

INTERMEDIATE – choose the longer distance and, if you want, add the challenge suggested.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest or cross training <i>This could be strength work such as Pilates, swimming, yoga or bike riding</i>	20-30min run Easy	Rest	30-40 min run 15x (1min run + 1min walk) Easy to moderate Challenge After a 10min warm up include 6-10x (2min at Race Pace + 1min Easy or walk)	Rest	Cross training Challenge Include a 30min run Easy	30-40min long run* Easy to moderate
2	Rest or cross training	20-30min run Easy	Rest	30-40 min run 10x (2min run + 1min walk) Easy to moderate Challenge After a 10min warm up include 5-8x (2min at Moderate Pace uphill + jog down the hill Easy)	Rest	Cross training Challenge Include a 30min run (Easy)	40-50min long run* Easy to moderate Challenge Include 20min Easy + 20min at Target 10k pace + 10min Easy
3	Rest or cross training	25-30min run Easy Challenge Include 12x (30sec Fast + 60sec Easy)	Rest	35-45min run Easy to moderate After a 10min warm up include 4x (5min run + 1min walk) 10min run/walk warm down* *Beginners can walk part of the warm down (based on fitness)	Rest	Cross training Challenge Include a 30min run (Easy)	50-60min long run* Easy to moderate
4	Rest or cross training	25-35min run Easy	Rest	40-50min run Easy to moderate After a 10min warm up include 5x (5min run + 1min walk) 10min run/walk warm down *Beginners can walk warm down or part of the final 10min (based on fitness).	Rest	Cross training Challenge Include a 30min run (Easy)	50-70min long run* Easy to moderate Challenge Aim to include 5km @ 10km Race Pace after a 5km warm up. The remainder of the run is Easy.
5	Rest or cross training	30-40min run Easy	Rest	40-60min run Easy to moderate After a 10min warm up include* 5-6x (5min at Race Pace + 1min Easy) *Beginners start with 5 of these and intermediate runners can do 6 (based on fitness).	Rest	Cross training	45-60 min long run* Easy to moderate
6	Rest or cross training	20-30min run Easy Challenge Include 10x (30 sec Fast + 30sec Easy)	Rest	30-40 min run Easy	Rest	15-30min run Easy Optional: 3x 30-60 sec Race Pace efforts	RACE DAY
7	Rest or cross training	2km warm up (Easy) Run a few 20sec strides and then run 6x400 (5k pace). 1-2 km cool down (Easy)	Rest or cross training	Run on a flat course or treadmill. 5-10 min warm up (Easy) + 10 min run (Moderate to moderate/hard) + 5-10 min cool down (Easy)	Rest	2km warm up (Easy) Run a few 20sec strides and then run 1 x 400 (5k pace) 1km cool down (Easy)	Rest

*Remember beginners can include a planned walk break throughout the run, i.e. repeat a 14min run + 1min walk for the duration of the run.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases

HARD - Speaking is virtually impossible