

## 10 K Race Training Plan - 10 weeks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest/X training - Strength	Club efforts/ sprint training	4.82 K (3 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	6.43 K (4 Miles)
2	Rest/X training - Strength	Club efforts/ sprint training	4.82 K (3 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	8.04 K (5 Miles)
3	Rest/X training - Strength	Club efforts/ sprint training	4.82 K (3 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	9.65 k (6 Miles)
4	Rest/X training - Strength	Club efforts/ sprint training	6.43 K (4 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	11.26 K (7 Miles)
5	Rest/X training - Strength	Club efforts/ sprint training	6.43 K (4 Miles)	Club run/hill work	Rest/X training - Strength	6.43 K (4 Miles)	9.65 k (6 Miles)
6	Rest/X training - Strength	Club efforts/ sprint training	6.43 K (4 Miles)	Club run/hill work	Rest/X training - Strength	6.43 K (4 Miles)	11.26 K (7 Miles)
7	REST	Club efforts/ sprint training	8.04 K (5 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	12.87 K (8 Miles)
8	Rest/X training - Strength	Club efforts/ sprint training	6.43 K (4 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	9.65 k (6 Miles)
9	Rest/X training - Strength	Club efforts/ sprint training	6.43 K (4 Miles)	Club run/hill work	Rest/X training - Strength	4.82 K (3 Miles)	8.04 K (5 Miles)
10	REST	Club efforts/ sprint training	4.82 K (3 Miles)	Club run/hill work	Rest/X training - Strength	Rest or Jog 3.21 K (2 Miles)	Race Day

Notes: If you do not run with a club then try sprint training - 10 paces (counting each one as your right foot hits the ground) as fast as you can then 20 paces jog. Do as many repeats as you feel capable of. Play around with it by increasing the number of paces or repetitions.  
e.g. 20 paces fast 40 paces jog.

Hill Work: find a hill and do repeats or find a route with lots of hills on it!

### TIPS :

70% of the runs should be at an easy pace - but as you get fitter you may find your easy jogs getting a bit faster!

The same applies to your long runs - if you have never run this mileage before then do it easy and steady - you need to build endurance, which is why you are doing more miles in weeks 4,6 & 7 than the race. This helps psychologically as well. Stay mentally tough - no 'Self Doubt' YOU CAN DO THIS!

Feeling tired? Focus on other things: scenery etc. Think of the finishing line and how you will look strong going over it. Dig deep!

### Race Day

#### Don'ts:

- 1 Don't run in new shoes. You should in shoes which are comfortable.
2. Change nutrition for the day, e.g. if using gels/bars etc train with them - make sure they suit you.
3. Overdress. Dress for mid race

#### Do's:

1. Think Positive
2. Increase carbs 3 days prior to the run.
3. Eat on race day 1 1/2 - 2 hours before the start. Cereal, porridge, toast etc. Practice on the Sunday long runs what suits you
4. Get to the race early (30 mins). Take a Chocolate bar for after the race.
5. ENJOY - You will have earned your medal!