

SLGR 10K EXPERIENCED TRAINING PLAN



- The following training plan is aimed at an experienced runner hoping to improve their time, it's based on up to six runs per week over a 10-week period, so not for the faint hearted. It does need a fair bit of commitment on your part, you can move the days around, it's not essential to always do the long runs on a Sunday if that doesn't suit, just try to cover at least three of these sessions including the long run within each week. Don't forget that we have our team session every Thursday evening which could substitute one of these sessions.
- If you are feeling really tired or suffering a niggle, add an extra rest day or go for cross training or strength and conditioning instead.
- Nutrition is really important; your body needs the right sort of fuel to make it run and to aid recovery. Aim to eat within 20 minutes of finishing a run, protein shakes and bars are perfect for post run refueling.
- Do a warm up and cool down before and after every session and try to include 10 minutes of stretching into your every-day routine.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 mins recovery run + conditioning	30 min progression run with 10 mins easy, 10 mins steady and 10 mins at threshold	45 mins relaxed run	30 mins threshold run including 4 x 5 mins with 2 mins jog recovery	Stretch and rest	Continuous hills 4 x 5 mins with 2 mins jog recovery	Long run 60–70 mins
Week 2	30 mins recovery run + conditioning	45 min progression run with 15 mins easy, 15 mins steady and 15 mins at threshold	45 mins relaxed run	Threshold run, 3 x 7 mins at threshold with 3 min jog recovery	Stretch and rest	Sisyphus Hills 4 x 15, 30, 45, 60 seconds hard up hill effort with easy downhill recoveries	Long run 70–80 mins
Week 3	30 mins recovery run + conditioning	Threshold run, 5 x 5 mins with 1 min jog recovery	45 mins relaxed run AM: 30 mins easy run	45 mins including 2 x 10 mins at threshold with a 3 min jog recovery	Stretch and rest	Continuous hills – 5 x 6 mins with 2 min jog recovery	Long run 80–90 mins
Week 4	30 mins recovery run + conditioning	6 mins threshold, then 5 x 3 mins at 5k pace with 90 sec recovery	45 mins relaxed run	45 mins run including 2 x 12 mins at threshold with a 3 min jog recovery	Stretch and rest	30 min recovery run or cross training	Long run 90 mins

Continued

RUNNING GLOSSARY

- **Cross training** involves working your heart and lungs but not through running. This could be cycling, swimming or on a rower.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort effort. You should only be able to speak 4–5 words at a time but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Fartlek sessions** are running at different speeds for different lengths of time.

SLGR 10K EXPERIENCED TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Stretch and rest	6 mins run at threshold followed by 8 × 400 metres with 60 sec recoveries between each	30 mins recovery run	30 mins progressive 10 mins easy, 10 mins easy 10 mins threshold	Stretch and rest	5k time trial or race with 30 mins cool down easy run afterwards	Long run 75 mins
Week 6	30–45 mins recovery run + conditioning	Threshold run. 3 × 10 mins at threshold with 2 min jog recovery	50 mins relaxed run	30 mins recovery run	Stretch and rest	Intervals. 4 × 6 mins at 10km pace with 2 min jog recovery	Long run 90 easy
Week 7	30–45 mins recovery run + conditioning	45 mins run with last 20 mins at threshold 60 mins run relaxed	60 mins run relaxed	10 × 3 mins run with odd reps at threshold and even reps at 5k pace	Stretch and rest	30–45 mins recovery run	Long run 90 mins with last 40 mins to include 4 × 6 mins threshold (3–4 min easy recovery)
Week 8	30–45 mins recovery run + conditioning	Out and back 40 mins – out for 20, turn and back faster	60 mins run relaxed	10 × 3 mins with odd reps at threshold and even reps at 5k pace	Stretch and rest	Recovery run 30–45 mins	Easy long run 90–100 mins with last 30 mins at threshold
Week 9	30–45 mins recovery run + conditioning	45 mins run with last 25 mins at threshold	Recovery run 45 mins	8 × 3 mins at 5k pace with 90 sec recoveries between each	Stretch and rest	5k time trial or race	Long run easy 60–75 mins
Week 10	30 mins recovery run + conditioning	45 mins run including 3 × 5 mins at 10km pace	30 mins easy run	Progression run 10 mins easy, 10 mins steady, 10 mins threshold	Stretch and rest	Stretch and easy run 20 mins	Race day. Have fun

- **Continuous hills** is an exercise running on a steady gradient at threshold pace up and down the hill.
- **Sisyphus hill** session is a series of repeated uphill sprints for 15, 30, 45 and 60 seconds with easy downhill recoveries or 20 seconds hard uphill with 60 second easy downhill recoveries.
- **Long run**, these build up week on week, increasing in duration with an easier week every few weeks. Your longest run should be three weeks before race day before you start tapering to allow your body time to recover before the big event.
- **Progressive Runs** are runs where you pick up the pace in blocks from easy to steady and finishing at threshold pace.