

10 WEEKS TO YOUR 10K

10KM IMPROVER TRAINING PLAN

GREATRUN.ORG/IRELAND



You're confident you are a runner now but now want to start making some improvements. This training programme brings in more of the elements of an all-round schedule including interval training, steady running and over distance work. 'Sessions' or 'workouts' add an extra dimension to your training as opposed to just getting out for a run. The faster paced work with short recovery breaks allows you to up the tempo and subsequently improve your race times.

Check out greatruntraining.org for training articles to improve your knowledge. The best runners are students of their sport!

WEEK 1 STARTING MONDAY 5 FEB 2018

Week 1 sees four easy runs to get you underway. Conversational pace is key. Don't waste all your enthusiasm and energy on the first few runs. Plenty of challenging training awaits.

MON	TUE	WED	THU	FRI	SAT	SUN
REST AND MENTALLY PREPARE!	5k Run	REST	6k Run	REST	5k Run	2k Easy Run; 2k (10K Pace); 2k Easy Run

WEEK 2 STARTING MONDAY 12 FEB 2018

Now you're into your rhythm and Saturday is your first interval/fartlek style session! You will jog 1k easy and then run 1k at your current 5k fitness or personal best. It's always better to be honest and go a little slower.

MON	TUE	WED	THU	FRI	SAT	SUN
5k Run	REST	4k Run	6k Run	REST	1k Easy; 1k (5K Pace) – Repeat 3 Times	7k Run

WEEK 3 STARTING MONDAY 19 FEB 2018

You should have a good feel for the fartlek session now and get your pace better for this week's session. Other runs should still be at a relaxed conversational pace. We are building a platform for the coming weeks so please stay at this pace for now!"

MON	TUE	WED	THU	FRI	SAT	SUN
REST	5k Run	6k Run	6k Run	REST	1k Easy; 1k (5K Pace) – Repeat 4 Times	8k Run

WEEK 4 STARTING MONDAY 26 FEB 2018

This week sees the addition of 5 x 50m strides. The strides give you some zip in the legs after the 6k run. The strides should be at 75% - ease your way into the strides and look for quick turnover and lengthen the stride. Running at a fast pace helps increase the range of motion and improve running economy. A quick 5k on Saturday will help you progress further.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	5k Run	6K followed by 5 x 50m Strides	6k Run	REST	5K Race, Time Trial or parkrun	Rest or 6K recovery run

WEEK 5 STARTING MONDAY 5 MARCH 2018

You have a choice how far you want to run on some of the runs this week but make sure to get your strides in. You'll be surprised how good you feel after doing them. Repeat when you feel ready. Saturday is a relatively light session. Run 2k at your goal 10k pace. Make sure to fuel up after the runs with the increased mileage this week

MON	TUE	WED	THU	FRI	SAT	SUN
REST	6K/8K Run	6K/8K Run followed by 8 x 50m Strides	6K/8K Run	REST	2K Easy Run; 2K (10K Pace); repeat 2 Times	10k

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WEEK 6 STARTING MONDAY 12 MARCH 2018

Saturday sees a tempo run where you run steady for 20 minutes – half marathon pace as a guide. You can also use running calculators online to help you figure out your pace or predicted time.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	8k Run	4k Run	8k Run	REST	10 mins Warm up; 20 Mins Tempo; 10 mins Cool Down- Happy St.Patrick's Day!	12k Run

WEEK 7 STARTING MONDAY 19 MARCH 2018

Week 7 sees increased interval training. Test yourself on 400m repetitions based off the mile time you record at the paced miles evening. If you're feeling good towards the end you can try and up the pace by a couple of seconds but start sensibly. You should be geared up then for a good 5k on the Saturday.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Warm up; 6 x 400 m (1500m/mile Pace) with 1min 45 secs recovery; Cool down	8k Run	6K/8K Run followed by 5 x 50 m Strides	REST	5K Race, Time Trial or parkrun	12k Run

WEEK 8 STARTING MONDAY 26 MARCH 2018

You will have seen the long runs increasing in distance. This is an important part of the schedule with the over distance giving you that vital conditioning. Again run the 400m reps at your mile time.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Warm up; 6 x 400 mts(1500m/ mile Pace) x 90 secs recovery; Cool down	8K/10K Run	10k Run	REST	1K Easy, 1K (5K Pace) – Repeat 5 Times	14K/15K Run

WEEK 9 STARTING MONDAY 2 APRIL 2018

You should be feeling strong on the tempo runs now and figuring out the right pace to sustain the same pace for 30 mins. Always feel as if you could run at that pace for another 5-7 mins afterwards as a guideline of exertion. The Garmin Great Ireland Run is less than 2 weeks away!

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Warm up- 6/8 x 400m (1500m/ mile Pace) x 75secs recov- ery-Cool down	10k Run	8k/10k Run	REST	Warm up; 30 mins Tempo; Cool down	15K Run



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WEEK 10 STARTING MONDAY 9 APRIL 2018

This week you are easing down for race day. Try and get extra sleep this week and don't neglect the 2k at your 10k target pace. This keeps the engine firing along with the strides on Thursday. Calculate your split times for Sunday and don't go off too fast in the opening kilometres. You are an experienced runner so trust your body and mind to make this 10km a Great One! Good Luck!"

MON	TUE	WED	THU	FRI	SAT	SUN
REST	8k Run	2K Easy; 2K (10K Pace); 2K Easy	5K Followed by 5 x 50m Strides	3k Run	REST	Sunday 15th April 2018: Garmin Great Ireland Run 10km Phoenix Park Dublin