

10 WEEKS TO YOUR 10K 10KM MOVER TRAINING PLAN

GREATRUN.ORG/IRELAND



So you've made the 5k your own and completed it comfortably. Now you want to take on a new challenge and move up to the 10k. This programme sees you running short distances from the start and then gradually increasing the distances peppered with some time trials. The pace on your runs should be easy conversational pace unless otherwise stated. For distance judgement, run a measured 1km at a nice relaxed pace to help you judge the time for each run accordingly!

Log onto greatruntraining.org for lots of useful tips and advice to help compliment this easy to follow plan and let's get the ball rolling towards the Garmin Great Ireland Run on Sunday 15th April!

WEEK 1

Getting the body moving with easy running at a nice, relaxed conversational pace.

MON	TUE	WED	THU	FRI	SAT	SUN
2k Run	REST	2k Run	2k Run	REST	3k Run	REST

WEEK 2

Continued conversational pace running upping the distance.

MON	TUE	WED	THU	FRI	SAT	SUN
2k Run	REST	2k Run	2k Run	1 REST	2k Run	4k Run

WEEK 3

This week sees you complete a good block of training including 4k & 5k runs – two cornerstones of the week. Pick a sensible goal time for it and then let your body take you around! Challenging yourself to run at a faster pace makes your easy runs more comfortable and brings you to a new level of fitness."

MON	TUE	WED	THU	FRI	SAT	SUN
3k Run	REST	4k Run	3k Run	REST	3k Run	3k Run

WEEK 4

An easier week is needed to let your body get the benefits of the first 3 weeks of training. Make sure not to run too fast and feel as if you are holding yourself back. This will help the body recover into the next phase and reap the rewards. Have the confidence to revert back to conversational pace at all times. Your body will thank you for it!

MON	TUE	WED	THU	FRI	SAT	SUN
REST	REST	3k Run	4k Run	REST	4k Run	REST

WEEK 5

Week 5 sees the next challenge with a 5k time trial, race or parkrun. The parkrun will probably be the ideal scenario but there should be plenty of events for you to choose from also. See how you feel on Sunday but an easy run will help with recovery and ease out the legs.

MON	TUE	WED	THU	FRI	SAT	SUN
4k Run	REST	5k Run	4k Run	REST	5K Time Trial, Race or parkrun	REST or 3k Run

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WEEK 6

You have reached the halfway point and your training is progressing well now! You should be in a good rhythm and routine. Keep trying to meet with running partners and plan a suitable time to run. Remember having to miss a day or two along the way is absolutely fine. Life does occasionally get in the way and a healthy and happy you is the most important thing!

MON	TUE	WED	THU	FRI	SAT	SUN
REST	4k Run		5k Run	REST	6k Run - Happy StPatricks Day!	3k Run

WEEK 7

Making gains! Week 7 is about completing the distances set out and getting more comfortable with time on your feet. It's important not to worry about the pace. Don't overstretch yourself. You should feel pleasantly tired at the end of your runs – Saturday in particular for your 7k run.

MON	TUE	WED	THU	FRI	SAT	SUN
REST	5k Run	5k Run	4k Run	REST	7k Run	3k Run

WEEK 8

You should be well into a rhythm now and Saturday sees you complete an 8km run. This is the key run of the week. Upping the distance one run a week, known as 'the long run,' has a myriad of benefits including improving your body's ability to transport oxygen around the body and improving your running economy. Get the money in the bank!

MON	TUE	WED	THU	FRI	SAT	SUN
REST	4k Run	6k Run	4k Run	REST	8k Run	REST or 3k Run

WEEK 9

You should be well into a rhythm now and Sunday sees you complete an 9km run. This is the key run of the week. Upping the distance one run a week, known as 'the long run,' has a myriad of benefits including improving your body's ability to transport oxygen around the body and improving your running economy. You now have the money in the bank!

MON	TUE	WED	THU	FRI	SAT	SUN
6k Run	REST	6k Run	REST	3k Run	REST	9k Run

WEEK 10

Race week has arrived and you are ready to go! This week sees some really easy running as you have done all the hard training already! Get in the right wave for the 10k and run at a smooth pace. Don't push too hard at the start and let the first one or two km pass by. You'll want reserves for the end of the race. Refer to your pre-race check-list and get ready for an amazing running experience!

MON	TUE	WED	THU	FRI	SAT	SUN
REST	4k Run		5k Easy Run	REST	3k VERY EASY RUN	3k Run