

Beginners Run10k schedule

Run10k's official training partner Garmin has recommended this beginners training program to help you kick start your Run 10k goal. Garmin have worked closely with the professional sports coaches at Full Potential to create a training program to fit you. Whether you are a first time runner or have dabbled a little and want to progress Garmin's training program will help you get up to speed at your own pace.

It is important to gradually build up your endurance without over doing it. We suggest you initially keep most of the runs to about 20-30 minutes with a longer run that gradually increases in time at the weekend.

Basically there are 3 runs a week and generally one is at a conversational pace and one is a slightly harder session and one longer run. The other days should either be rest and recovering with perhaps a cross training or pilates session once or twice a week depending on how your body feels. Being new to the training load your body has to be given time to adjust so do not try to do too much and end up fatigued or injured.

Training Elements for Endurance Running

Rest (R)

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload. Remember: on rest days, that is exactly what you should be doing!

Recovery Run (RR)

Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery runs. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60–65% range of your Maximum Heart Rate (MHR) and it should be no more than 45 minutes in duration. This allows your body to adapt to the training workload and therefore improve. It also helps with the removal of the waste products, which accumulate in your muscles after harder efforts.

Threshold Runs (THR)

A Threshold run is a run at a controlled brisk pace, about 80 – 85% of your MHR, you'll only be capable of speaking a couple words to your training partners but will help to improve your endurance and performance. After the long endurance runs, threshold runs are probably your most valuable workouts. You'll find them slightly uncomfortable and they'll require concentration, but they are well worth the effort.

Long Runs (LR)

Long runs are vital. After all, 10k is quite a long way! At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at 65% of Maximum Heart Rate (conversational pace). Gradually this will build to 75% of Working Heart Rate as you start to race pace running. You should feel that you are pushing yourself but still have enough energy to sprint if necessary. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source. They also prepare you physically and mentally for the task ahead.

Speed Training (ST)

Head out for a 30 minute jog. During this time, include 6 bursts of effort, running at a pace that you would normally run a 5k distance (i.e. faster than you'd run a 10k distance). These bursts of effort should last for 2 minutes each. Following each burst, make sure you recover for a further 2 minutes at the pace of a gentle jog.

10k Pace Practice

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 90–100% of MHR, depending on the duration of the event you are training for.

Warming Up Run (WUR)

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement. It also allows your cardiovascular system to prepare.

Cooling Down (CD)

Gentle jogging and light stretching allows your body to adjust back to a steady state. Cooling down stops blood pooling in your legs, and helps remove waste products, such as lactic acid, from the muscle cells, which helps to avoid undue muscle soreness.

Cross-Training (XT)

It is important that your training is balanced with some non-impact activities such as swimming, cycling and rowing etc; otherwise you are more likely to pick up an annoying injury that will set back your training. But more experienced runners should also add cross training to their regime. Endurance running requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Remember, though, that you are a runner, so just be careful not to make the cross-training, whether it is lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running. If you don't have access to a gym or exercise classes you can do aerobics at home or play a non contact sport with friends.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	5 min recovery run, 5 min walk x 2	Cross training 30 mins	5 min recovery run, 5 min walk x 2	Rest	Bike ride 45 mins	5 min recovery run, 5 min walk x 3
2	Stretch session 20 mins or Yoga class	Rest	Cross training 30 mins	5 mins walk, 10 mins run x 2	Rest	Brisk walk 60 mins	7 min recovery run, 3 min walk x3
3	Rest	Recovery run 20 mins	Cross training 40 mins	10 min easy run then 3 x 2 mins @ threshold with 2 mins recovery 10 mins easy run	Rest	Bike ride 60 mins	Easy run 25 mins
4	Cross training 30 mins	Rest	Cross training 30 mins	Undulating run at 20 mins	Rest	Recovery run 30 mins	Easy run 30 mins
5	Rest	Cross training 30 mins	Threshold run 4 x 3 mins effort with 2 mins recovery	Rest	Cross training 40 mins	Hilly run 25 mins working harder on the up hills	Long run 45 mins
6	Rest	Threshold run 4 x 3 mins effort with 90 seconds recovery	Cross training 2 x 20 mins	Easy run 35 mins	Rest	Rest or swim	Long run 45 mins
7	Rest	Cross training 3 x 20 mins	Threshold run 2 x 6 mins effort with 3 mins recovery	Rest	30 mins including 6 x 60 seconds Speed Training with 60 seconds recovery	Bike ride 60 mins	Long run 50 mins
8	Rest	Cross training 30 mins	30 min run including 10 mins at threshold	Rest	6 x 3 mins at threshold pace with 90 second recovery	Bike ride 60 mins	Recovery run 30 mins
9	Rest	Cross training 3 x 20 mins	40 min run including 2 x 8 mins @ threshold with 4 mins recovery	Rest	5 x 4 mins at threshold pace with 90 second recovery	Cross training 3 x 20 mins	Long run 55 mins
10	Rest	Cross training 2 x 20 mins	Rest	Threshold run 2 x 10 mins effort with 3 mins recovery	Rest	Recovery run 30 mins	Long run 60 mins
11	Rest	Cross training 3 x 20 mins	45 min run including 15 mins @ threshold	Rest	5 x 3 mins @ threshold with 90 second recovery	Rest	Long run 40 mins
12	Rest	Rest	30 min run including 2 x 5 mins @ threshold with 2 mins recovery	Rest	Rest	Recovery run 10 mins	10km race!