

Intermediate Run10k schedule

Run10k's official training partner Garmin has recommended this intermediate training program to help you help you reach your 10k goal. Garmin have worked closely with the professional sports coaches at Full Potential to create a training program to help you build on your existing level of fitness and take you to an advanced level of running.

This program requires a background of reasonable fitness and running. It generally consists of 4 runs each week, 1 for recovery, 2 harder sessions and a long run. You should also be conditioning your body with regular cross training, pilates or aerobics. There are elements of faster running including developing your speed endurance using threshold sessions and we will develop your 10km race pace with the longer interval training and develop your speed with shorter 5km speed intervals.

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.

Fartlek (F)

This is a Swedish term that literally means "speed play". It involves a number of bursts of effort over a variety of distances with a variable recovery. For example head out for a 30 minute jog; during this time, include 6 bursts of effort, running at a pace a 5k pace. 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 jog.

Interval Training (IT)

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. You will be really pushing your self in these runs; no pain, no gain!

10k Pace Practice

Understanding the pace you are able to run your 10k is very important. Pace judgment is crucial to running your best race. 10k Pace Practice, at about 75% of MHR, allows your body and mind to get used to what will be required on the big day.

Warming Up Runs (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	Recovery run 25 mins	4 x 5 mins @ threshold with 2 mins recovery	30 mins cross training and 30 mins recovery run	Rest	Hilly run 45 mins	Long run 60 mins
2	Stretch session 30 mins or yoga class	4 x 6 mins @ threshold with 2 mins recovery	Cross training 40 mins	Interval training 5 x 2 mins at 10km pace with 1 min recovery	Rest	Hilly run 30 mins working up hills	Long run 70 mins
3	Rest	Recovery run 30 mins	Threshold run 2 x 15 mins effort with 5 mins recovery	Cross training 40 mins	Rest	Interval training 6 x 3 mins at 10km pace with 1 min recovery	Long run 80 mins
4	Rest	Threshold run 3 x 7 mins @ threshold plus 3 mins at 10km pace with 3 min recovery	Cross training 40 mins	Rest	Recovery run 30 mins	Recovery run 30 mins	Easy long run 45 mins
5	Rest	Threshold run 3 x 7 mins @ threshold plus 3 mins at 10km pace with 3 min recovery	Cross training 3 x 20 mins	60 mins including 2 x 10 mins @ threshold with 5 mins recovery	Rest	Intervals 2x2x5 mins at 10km pace with 1 and 2 mins recovery	Long run 75 mins
6	Rest	Recovery run 30 mins	60 mins including 20 mins @ threshold	Cross training 2 x 20 mins	Rest	Intervals 6 x 3 mins at 10k pace with 2 mins recovery	long run 80 mins
7	Rest	Threshold run 4 x 6 mins @ threshold plus 3 mins at 10km pace with 2 min recovery	Cross training 40 mins	45 min run with 15 mins threshold	Rest	Intervals 8 x 2 mins at 10km pace with 1 min recovery	Long run 80 mins
8	Rest	Cross training 3 x 20 mins	Intervals 2x4x2 mins at 5 km pace with 1 and 3 min recovery	Recovery run 40 mins	Rest	2 x 2 miles at 10km pace with 10 mins recovery	Long run 80 mins
9	Rest	45 min run with 15 mins at threshold	Cross training 3 x 20 mins	Intervals 10 x 2 mins at 10k pace with 1 min recovery jog	Rest	Recovery run 25 mins	Long run 90 mins
10	Rest	Threshold run 2 x 15 mins effort with 2 mins recovery	Cross training 3 x 20 mins	Recovery run 30 mins	Rest	2 x 2 miles at 10km pace with 10 mins recovery	Long run easy 70 mins
11	Rest	Threshold run 2 x 15 mins @ threshold plus 3 mins at 10km with 2 mins recovery	Recovery run 30 mins	Cross training 60 mins	Rest	Intervals 6 x 2 mins at 10km pace with 1 min recovery	Long run easy 45 mins
12	Rest	10 x 60 seconds @ 10km pace with 60 seconds recovery	Rest	2 sets: 5 x 30 seconds @ 5km pace with 30 seconds and 3 mins recovery	Rest	Recovery run 20 mins include 5 x 30 seconds pick ups	10km Race day!