

Training Plan Summary

My plan: **Omskirk10K-Intermediate**

End date: **26/09/2010**

Level: **Intermediate**

Distance: **10 K / 6.21 M**

This training plan is intended for runners who have taken part in events and reached a good level of fitness and now wish to take their running a stage further and enhance their performances.

We recommend that before any hard effort you do 10 mins warm up jog and, after, a 10 mins warm down jog.

We would recommend you take part in a short event preferably a 5k, between weeks six and nine. Your week leading up to the race should read as follows:

| | |
|-----------|------------------|
| Monday | REST |
| Tuesday | 30 mins easy run |
| Wednesday | REST |
| Thursday | 30 mins easy run |
| Friday | REST |
| Saturday | 10 mins easy run |
| Sunday | Race 5k |

Following this race you would replace whatever was scheduled for the Tuesday following the race with a 20 minutes jog. Then you would just carry on with the schedule as normal, completing the week you were scheduled to do if you had not raced. If the race was on a Saturday you would jog 15 minutes on Monday, 20 minutes on Tuesday and then carry on with the schedule again.

If you do race then you will not complete week 10 unless you have reached it early by leapfrogging weeks with the star feedback system. This is OK as the race will have enhanced your fitness level and the last two weeks are static wherever you have reached in the training plan.

Pace guide

Easy - Very relaxed and easy pace.

Steady - Controlled even pace. Faster than easy but you're still able to chat with training partners at this speed.

Hard - Hard running, somewhat breathless, conversation is not an option at this pace.

Schedule

Week 1 | My training

| | |
|------------------|---------------------|
| Monday | Rest |
| Tuesday | 20-30 mins easy run |
| Wednesday | Rest |
| Thursday | 20-30 mins easy run |
| Friday | Rest |
| Saturday | Rest |
| Sunday | 20-30 mins easy run |

Week 2 | My training

| | |
|------------------|---------------------|
| Monday | Rest |
| Tuesday | 25-35 mins easy run |
| Wednesday | Rest |
| Thursday | 25-35 mins easy run |
| Friday | Rest |
| Saturday | Rest |
| Sunday | 25-35 mins easy run |

Week 3 | My training

| | |
|------------------|---------------------|
| Monday | Rest |
| Tuesday | 25-35 mins easy run |
| Wednesday | Rest |
| Thursday | 25-35 mins easy run |
| Friday | Rest |
| Saturday | Rest |
| Sunday | 25-35 mins easy run |

Week 4 | My training

| | |
|------------------|---------------------|
| Monday | Rest |
| Tuesday | 25-35 mins easy run |
| Wednesday | Rest |
| Thursday | 25-35 mins easy run |
| Friday | Rest |
| Saturday | Rest |
| Sunday | 25-35 mins easy run |

Week 5 | My training

| | |
|------------------|------------------|
| Monday | 20 mins easy run |
| Tuesday | Rest |
| Wednesday | 20 mins easy run |
| Thursday | Rest |
| Friday | 20 mins easy run |
| Saturday | Rest |
| Sunday | 30 mins easy run |

Week 6 | My training

| | |
|------------------|--|
| Monday | Rest |
| Tuesday | 5 x 3 minutes efforts at roughly the pace you would race 5k. Jog 2 minutes recovery after each one |
| Wednesday | Rest |
| Thursday | 20 mins easy run |
| Friday | Rest |
| Saturday | 20 mins easy run |
| Sunday | 40 mins easy run |

Week 7 | My training

| | |
|----------------|--|
| Monday | Rest |
| Tuesday | 2 x 8 minutes efforts at roughly your goal 10k pace. 5 minutes jog between each effort |

| | |
|------------------|--|
| Wednesday | Rest |
| Thursday | 25 mins easy run |
| Friday | Rest |
| Saturday | 10 minutes jog warm up 15 min hard run 15 minutes jog cool down |
| Sunday | 30 mins easy run |

Week 8 | My training

| | |
|------------------|--|
| Monday | Rest |
| Tuesday | 30 mins easy run |
| Wednesday | Rest |
| Thursday | 10 minutes jog warm up 25 min steady run 15 minutes jog cool down |
| Friday | Rest |
| Saturday | 30 mins easy run |
| Sunday | 50 mins easy run |

Week 9 | My training

| | |
|------------------|--|
| Monday | Rest |
| Tuesday | 5 x 3 minutes efforts at roughly your 5k pace. 2'30" jog between each effort |
| Wednesday | Rest |
| Thursday | 30 mins easy run |
| Friday | Rest |
| Saturday | 30 mins easy run |
| Sunday | 60 mins easy run |

Week 10 | My training

| | |
|------------------|--|
| Monday | Rest |
| Tuesday | 10 minutes jog warm up 25 min steady run 15 minutes jog cool down |
| Wednesday | Rest |
| Thursday | 35 mins easy run |
| Friday | Rest |
| Saturday | 10 x 1 minute effort at your 5k pace. 1 min jog recovery between each one |
| Sunday | 30 mins easy run |

Week 11 | My training

| | |
|------------------|------------------|
| Monday | Rest |
| Tuesday | 30 mins easy run |
| Wednesday | Rest |
| Thursday | 30 mins easy run |
| Friday | Rest |
| Saturday | 10 mins easy run |
| Sunday | 50 mins easy run |

Week 12 | My training

| | |
|------------------|---|
| Monday | Rest |
| Tuesday | 20 mins easy run |
| Wednesday | Rest |
| Thursday | 40 mins easy run |
| Friday | Rest |
| Saturday | 4 x 6 minutes efforts at your 10k goal pace. 2'30" jog between each |
| Sunday | 30 mins easy run |

Week 13 | My training

| | |
|------------------|---|
| Monday | Rest |
| Tuesday | 10 x 1 minute effort at a bit quicker than your 5k pace. Only 1 minute jog after each so don't set off too fast |
| Wednesday | Rest |
| Thursday | 40 mins easy run |
| Friday | Rest |
| Saturday | Acceleration run: set off at your 10k pace and slowly increase to hit 5k pace at around 8 minutes. Hold 5k pace for further 4 minutes |
| Sunday | 60 mins easy run |

Week 14 | My training

| | |
|------------------|---------------------------|
| Monday | Rest |
| Tuesday | 35 mins easy run |
| Wednesday | Rest |
| Thursday | 40 mins easy run |
| Friday | Rest |
| Saturday | 30 mins steady run |
| Sunday | 60 mins easy run |

Week 15 | My training

| | |
|------------------|--|
| Monday | Rest |
| Tuesday | 6 x 3 minutes efforts. Alternate 5 k pace for the first, 10k pace for the second and so on. 2 minutes jog between each |
| Wednesday | Rest |
| Thursday | 30 mins easy run |
| Friday | Rest |
| Saturday | 30 mins steady run |
| Sunday | 50 mins easy run |

Week 16 | My training

| | |
|------------------|---|
| Monday | Rest |
| Tuesday | 35 mins easy run |
| Wednesday | Rest |
| Thursday | 20 mins easy run |
| Friday | Rest |
| Saturday | 10 mins jog |
| Sunday | 10km race with easy warm up and cool down |

