

5K & 10K Training Plans

- To train for a 10K event you would ideally have a minimum of 8 weeks training behind you.
- The 10K plan (aimed at getting you comfortably to the finish) is based on 4 days per week training for 8 weeks but both plans can be altered to suit if you have more training time available. You might want to repeat week 1 or 2 if you're a novice or there is the option of walking or doing some other form of cross-training (XT) such as swimming or cycling which all helps build strength and endurance.
- If you're training for a race, work back from the date of the race to show how much training time is available.
- Complete beginners would be advisable to undertake the 5K plan before starting the 10K one. Likewise, if you feel you could already start on week 3 for example, then that's fine too.
- Listen to your body, if you feel more tired then it would probably be better to rest and recover.
- The days can also be changed to suit your time available, e.g. you prefer to do your longer run on a Saturday.
- Although the plans have been designed to show a basic guide to training you should be in reasonable starting shape or make sure you contact your doctor if unsure.
- As with all exercise programmes you should undertake a gentle warm-up beforehand whether it's a walking or gentler jog start and try and finish with a short jog/walk and ideally some stretching exercises to warm-down afterwards.

TERMS

Walk: A brisk walking pace (not coming to a stop!). Don't worry if more walking is required before you feel comfortable to run again.

Jog: At your real easy jogging pace (you should be able to chat fairly easily).

Walk/Jog: Alternate periods of walking followed by jogging (either set times/distances or can be done by how you feel).

Run: Faster than your jogging pace but still able to chat (not continuously though!).

XT: Cross training (another exercise such as swimming, aerobics, cycling, etc).

Rest: A complete day off

- Do not worry too much about the exact distance you are running. Running for time is a better way to start. However, knowing the approximate distance you are covering at your normal running pace is helpful towards the end of the plan.
- Any other questions or help needed then please contact us: sales@therunningshop.uk.com / Tel. (01224) 636299
- If you'd feel more comfortable starting in a group setting then the following offer beginner's courses at various times of the year:
Aberdeen Running Sisters: Tel. (01224) 636299 / anne@therunningshop.uk.com
Jog Scotland: Tel. (0131) 5397350 / www.jogscotland.org.uk
- Alternatively, you might want to benefit from an individual training plan made on a one-2-one basis.
If you have your own 10K goal then a fully qualified and highly respected coach can guide you to a PB, providing you with a more individualised training programme.
The Running Shop: Tel. (01224) 636299 / sales@therunningshop.uk.com

5K Programme

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	REST	Jog 1 min Walk 1 min Repeat x 10	REST	Jog 1 min Walk 1 min Repeat x 10	REST	REST	Jog 1 min Walk 1 min Repeat x 10
2	REST	Jog 2 min Walk 4 min Repeat x 5	REST	Jog 2 min Walk 4 min Repeat x 5	REST	REST	Jog 2 min Walk 4 min Repeat x 5
3	REST	Jog 2 min Walk 4 min Repeat x 5	REST	Jog 5 min Walk 3 min Repeat x 3	REST	REST	Jog 5 min Walk 3 min Repeat x 3
4	REST	Jog 3 min Walk 3 min Repeat x 4	REST	Jog 3 min Walk 3 min Repeat x 4	REST	REST	Jog 5 min Walk 3 min Repeat x 3
5	REST	Jog 7 min Walk 2 min Repeat x 3	REST	Jog 8 min Walk 2 min Repeat x 3	REST	REST	Jog 8 min Walk 2 min Repeat x 3
6	REST	Jog 8 min Walk 2 min Repeat x 3	REST	Jog 10 min Walk 2 min Repeat x 2 then Run 5min	REST	REST	Run 8 min Walk 2 min Repeat x 3
7	REST	Run 9 min Walk 1 min Repeat x 3	REST	Jog 12 min Walk 2 min Repeat x 2 then Run 5 min	REST	REST	Run 8 min Walk 2 min Repeat x 3
8	REST	Run 15 min Walk 1 min Repeat x 2	REST	Jog 8 min Walk 2 min Repeat x 3	REST	REST	5K RUN

10K Programme

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	REST/WALK/XT	Run 20 min	REST/WALK/XT	Run 8 min Walk 2 min Repeat x 3	REST	Run 1 min Walk 1 min Repeat x 10	3M Run
2	REST/WALK/XT	Run 20 min	REST/WALK/XT	Run 2 min Walk 4 min Repeat x 5	REST	Run 2 min Walk 4 min Repeat x 5	3M Run
3	REST/WALK/XT	Run 20 min	REST/WALK/XT	Run 8 min Walk 2 min Repeat x 3	REST	Run 8 min Walk 2 min Repeat x 3	4M Run
4	REST/WALK/XT	Run 25 min	REST/WALK/XT	Run 9 min Walk 1 min Repeat x 3	REST	Run 8 min Walk 2 min Repeat x 3	4M Run
5	REST/WALK/XT	Run 25 min	REST/WALK/XT	Run 15 min Walk 1 min Repeat x 2	REST	Jog 30 min	4½M Run
6	REST/WALK/XT	Run 30 min	REST/WALK/XT	Run 12 min Walk 2 min Repeat x 2 then Run 5 min at 5K pace	REST	Jog 35 min (or if 5K race on Sun then swap for Rest)	4½M Run (or 5K Race)
7	REST/WALK/XT	Run 35 min	REST/WALK/XT	Run 12 min Walk 2 min Repeat x 2 then RUN 5 min at 5K pace	REST	Jog 40 min	5M Run
8	REST/WALK/XT	Run 40mins	REST/WALK/XT	Run 30mins	REST	REST	10K Run