



## Training Schedule for Fleet 10k

Date: 26<sup>th</sup> October

This training plan has been developed for runners capable of covering 10K distance and aiming to achieve a target race time below 45 minutes and can train 5 times per week.

The Fleet 10K is a 2 lap slightly undulating course but has produced many PBs.

This is a 12 week schedule however; experienced runners training on a regular basis can easily join the schedule in week 5. A key part of this plan is to learn and practise your race pace which for a 10K is typically your threshold pace. (Technically, threshold pace is established running at an intensity that produces an increased but stable level of blood lactate accumulation in the muscles. Practically this is fast pace running that can be maintained for the race distance. For those using rate heart monitors it is about 90% - 94% of maximum heart rate). The schedule is designed to be progressive to avoid injury. The plan includes a weekly speed session when working "outside of your comfort zone" is recommended. Doing a speed session with other people is very beneficial as it will help with both pacing and motivation. There is also a weekly long run. A parkrun will benefit all as it prepares runners for race conditions in a relaxed environment and provides an excellent indication of the training progress.

As part of the training will be through the summer, it is necessary to keep well hydrated all of the time especially on the long runs. This is where to practise drinking on the run.

### Some important points to note as part of this training:

1. Rest and recovery is a key part of the training programme and **must be taken**
2. Sufficient sleep is important, this is the time when muscle and tissue repair takes place
3. Injury: if you suffer any injury, rest and get the injury seen to by a professional
4. Sports massage: is recommended during the training period
5. Foam roller: this can be beneficial to aid stretching and recovery through self-massage
6. Dynamic warm up/stretching is advised for mobilisation prior to a training session
7. After a training session a cool/warm down and static stretching is advised
8. Include some core strength exercises (e.g. planks, squats, sit ups, press ups etc.)
9. Nutrition : eating a well-balanced diet is necessary to enable training
10. Hydration 1: it is important to keep the body well hydrated whilst training
11. Hydration 2: practising drinking on the run from bottles and cups

Training for any race is about enjoying the total experience, from the many hours spent training through to the race itself. The weekly schedule starts on a Sunday, this is done for psychological reasons i.e. your race will be at the start of a week of a week when feeling fresh and not at the end of a tiring week ;-)



Below is an indication of the 10k race pace (RP) that will need to be maintained in order to achieve the target time.

Target time	Pace	
	min/mile	min/km
36 mins	5:47	3:36
37 mins	5:57	3:42
38 mins	6:06	3:48
39 mins	6:16	3:54
40 mins	6:26	4:00
41 mins	6:35	4:06
42 mins	6:45	4:12
43 mins	6:55	4:18
44 mins	7:04	4:24
45 mins	7:14	4:30

It is advisable to try and race at even pace, although some runners a negative split works for them (a negative split is defined as running the second half of the race faster than the first half). Try not to start off too fast as this often leads to early fatigue and a very tough race.



The schedule is for guidance so if a session is missed or days need to be changed – it is okay.

#### Week 1: 3<sup>rd</sup> Aug to 9<sup>th</sup> Aug

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	5M	Easy	Easy pace run, off road is good
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Hill Session		Mixed	See note 1
Wed	Easy run or Rest	3M	Easy	
Thurs	Run	4M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	5M/3M		Off road or parkrun

#### Week 2: 10<sup>th</sup> Aug to 16<sup>th</sup> Aug

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	6M	Easy	Easy pace run, off road is good
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Interval Session		Fast	See note 2
Wed	Easy run or Rest	3M	Easy	
Thurs	Run	4M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	5M/3M		Off road or parkrun

#### Week 3: 17<sup>th</sup> Aug to 23<sup>rd</sup> Aug

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	6M	Mixed	4M easy, 2M fast
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Fartlek	5M	Mixed	See note 3
Wed	Easy run or Rest	3M	Easy	
Thurs	Run	4M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	5M/3M		Off road or parkrun

#### Week 4: 24<sup>th</sup> Aug to 30<sup>th</sup> Aug

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	7M	Mixed	3M easy, 3M fast, 1M easy
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Interval Session		Fast	See note 4
Wed	Easy run or Rest	3M	Easy	
Thurs	Run	4M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	5M/3M		Off road or parkrun



### Week 5: 31<sup>st</sup> Aug to 6<sup>th</sup> Sept

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	8M	Mixed	2M easy, 2M RP, 3M easy, 1M RP
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Kenyan hill session			See note 5
Wed	Easy run or Rest	3M	Easy	
Thurs	Run	6M	RP + 1min	Steady Run
Fri	Rest			
Sat	Rest			

### Week 6: 7<sup>th</sup> Sept to 13<sup>th</sup> Sept

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	8M	Mixed	5M easy, 3M RP
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Pyramid session			See note 6
Wed	Recovery run	3M	Easy	
Thurs	Run	5M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	3M	Fast	parkrun

### Week 7: 14<sup>th</sup> Sept to 20<sup>th</sup> Sept

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	9M	Mixed	5M easy, 4M RP
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Race pace reps	5M	Race Pace	Run 5x 1K reps at race pace. See note 7
Wed	Recovery run	3M	Easy	
Thurs	Run	5M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	5M	Easy	Off road run

### Week 8: 21<sup>st</sup> Sept to 27<sup>th</sup> Sept

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	9M	Mixed	3M easy, 1M RP, 1M easy, 2M RP, 2M easy
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	New Intervals			See note 8
Wed	Recovery run	3M	Easy	
Thurs	Run	5M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	3M	Fast	parkrun



### Week 9: 28<sup>th</sup> Sept to 4<sup>th</sup> Oct

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	5M	Easy	
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Hill session		Mixed	See note 1
Wed	Recovery run	3M	Easy	
Thurs	Run	5M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	3M	Fast	parkrun

### Week 10: 5<sup>th</sup> Oct to 11<sup>th</sup> Oct

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	9M	Mixed	3M easy, 3M RP, 3M easy
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Fartlek	5M	Mixed	See note 3
Wed	Recovery run	3M	Easy	
Thurs	Run	5M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	5M/3M		Off road or parkrun

### Week 11: 12<sup>th</sup> Oct to 18<sup>th</sup> Oct

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	10M	Mixed	2M easy, 2M RP, 4M easy, 2M RP
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Interval session			See note 2 but repeat 8 times
Wed	Recovery run	3M	Easy	
Thurs	Run	6M	RP + 1min	Steady Run
Fri	Rest			
Sat	Run	3M	Fast	parkrun

### Week 12: 19<sup>th</sup> Oct to 25<sup>th</sup> Oct

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	10M	Mixed	5M easy, 4M RP, 1 M easy
Mon	Recovery or Rest			Run ,Bike, Swim, Aqua Jogging or Rest
Tues	Interval session			See note 9
Wed	Rest			
Thurs	Run	5M	RP + 1min	Steady Run
Fri	Rest			
Sat	Rest			

### Week 17 26<sup>th</sup> Oct

Sun	Race Day	10k	Race	You have done the hard work, enjoy the race
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## Speed sessions

Note 1: Find a hill (where it is safe to run up) that would take about 45 seconds to run up. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Then run hard up the hill and walk or gently jog down the hill. Repeat 3 times for 1 set. Take a 2 minute recovery break. Do 2 more sets each with a 2 minute recovery between each. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 2: Find a park area safe to run in. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Run at fast pace for 3 minutes then recover for 90 seconds either statically or better with very gentle walking. Repeat 6-8 times. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 3: Fartlek is a Swedish word for "speed play". In the 5 miles run fast and slow when you feel like it. The concept is to mix, slow, steady and fast running for differing amounts of time or distance. The warm up and warm down will be included in the 5 miles. This session should end with static stretching.

Note 4: Find a park area safe to run in. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Either measure out a 400m loop or use the circumference of a football pitch. Then run 400m very fast and recover with 200m very slow. Repeat 4 times and recover for 3 minutes, this is 1 set. Try and complete 3-4 sets. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 5: Find a hill (where it is safe to run up) that would take about 45 seconds to run up. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Then run hard up the hill and turn around and run back down. Repeat 3 times for 1 set. Take a 2 minute recovery break. Do 3 more sets each with a 2 minute recovery between each. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 6: Find a park area safe to run in. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Run hard for 2 minutes, recover for 1 minute. Run hard for 3 minutes, recover for 90 sec. Run hard for 4 minutes, recover for 2 minutes. Run hard for 5 minutes, recover for 2min 30 sec. Run hard for 4 minutes and recover for 2 minutes. Run hard for 3 minutes, recover for 90 secs. Run hard for 2 minutes and recover for 1 minute. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 7: Find a safe place to run. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Run 1K at Race Pace, recovery time is half the 1K effort time. Repeat 5 times. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 8: Find a park area safe to run in. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. New Interval training is where the training effect occurs in the interval between the faster reps. Run 400m fast and continue for another 200m and a slightly reduced pace. Repeat 4 times then take a 3 minute break, this is one set. Try 2 or 3 sets. Run a very easy paced 1 mile to warm down. This session should end with static stretching.

Note 9: Find a safe place to run. Start the session with a gentle 1 mile warm up followed by some dynamic warm up stretches. Run 200m fast, recover for 45 seconds. Repeat 10 times. Run a very easy paced 1 mile to warm down. This session should end with static stretching.



## Dynamic Warm Up/Stretching

After a warm up run prior to a speed session performing some of the dynamic stretches as indicated below is recommended,

Activity	Key coaching points	Purpose
High knee (30m x 2)	Tall posture, high hips	Increase quad mobility
High knee skips (30m x 2)	As above bounding high	As above + flexibility
Butt Kicks (30m x2)	Heel up under buttock	Increase calf mobility
Side to side (30m x2)	Straight back, swinging arms	Increase flexibility
Lunges (15m x 2)	Straight back, balance	Works hip flexors
Skipping for height	Bounding with tall posture	Increase flexibility
Fast feet	Small fast steps on balls of feet	Increase calf/ankle mobility
Strides	Fast arms, relax shoulders	Ensure everything warm

## Static Stretching

After a training session, following the warm down run, static stretching is recommended. Hold each stretch for 15 seconds on each side to regain range of movement. Ensure body is tall and shoulders are relaxed for all of these stretches.

**Calf soleus:** With both feet facing forward shoulder width apart bring right foot forward and move weight downward to sitting position over rear leg. Hold and repeat on the other side.

**Calf gastrocnemius:** With both feet facing forward shoulder width apart bring left foot forward with bent knee; ensure right leg is straight with heel firmly on the ground. Hold and repeat on the other side.

**Hamstrings:** With both feet facing forward shoulder width, bend right leg; bring left foot forward keeping it straight with heel on the ground and toes raised. With hands on bent leg try and raise the toe. Hold and repeat on the other side.

**Adductors:** With both feet facing forward and legs wide apart, move the weight onto right leg keeping left leg straight. Hold and repeat on the other side.

**Hip Flexors:** Get into lunge position (optional with knee on the ground) push hips forward. Hold and repeat on the other side.

**Quadriceps:** With legs together grab left ankle and pull knees together ensuring the legs are kept parallel. Pull stomach in to engage core. Hold and repeat on the other side.



## Race day preparation

1. Prepare race day kit, the day before
2. Charge up your Garmin the night before, clear some of the history if necessary
3. Read the race information pack beforehand, to familiarise yourself with the course and amenities etc.
4. Leave for the race in good time to collect timing chip and race number
5. **Never try anything new on race day when it comes to hydration and nutrition**
6. Start the day with a good breakfast – high carbohydrate, low glycaemic index (GI)
7. In case of rain take a plastic bin bag to wear at the start to keep warm and dry
8. If sunny and hot ensure to use sun screen, especially on the neck
9. Stay calm and relaxed, you have trained for this event.

The most important thing is to enjoy “your day.”





## Training Diary

Date	Distance	Time	Pace	Conditions	Comments

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Date	Distance	Time	Pace	Conditions	Comments

Date	Distance	Time	Pace	Conditions	Comments

**Comments on past 4 weeks**



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**Comments on past 4 weeks**



## Your Race Comments