



8-WEEK 10 KM TRAINING PLAN

PREPARED BY
**MIKE GRATTON, 1983 LONDON
MARATHON WINNER**

TRAINING NOTES

All people have different levels of 'trainability' and natural potential. It is possible for complete beginners to make very rapid progress and move up the targets, while others find initially that they can't achieve the early training levels.

There are two golden rules whichever level of improver you find yourself: a) Build-up very gradually, and b) You must rest and recover before training becomes beneficial.

Building-up: Even if you come from a good level of fitness, trying to build-up too quickly will certainly get you injured. Running is a repetitive activity that involves your foot hitting the floor repeatedly with considerable force being transmitted up through the legs and into the lower back. The reason that experienced runners can handle such high levels of training is because they have taken years to get there. Your body adapts slowly to new stresses and a product of regular running is that your bones will harden and become more resilient to the new forces. So fit people beware: your engine (heart & lungs) may find it easy – but after a while your legs won't.

Rest & Recover: The natural thought is that you get better when you train hard. While that is not altogether untrue, the reality is that your body actually gets fitter while you are resting. Here's how it works: during hard exercise your body gets tired, waste products build up and energy levels fall as you have used up fuel - you are technically less able than before you started training! If you continued the same level of activity over several days you would become progressively more tired and eventually you will breakdown – either with injury or illness. However, when you stop and rest your body starts to repair the damage, which it will do to a higher level than before as the body recognises a need to adapt to the new stresses that you're subjecting it to.

Frequency: A regular training pattern is more important than any one session. There is a cumulative effect from training regularly

which is not achieved by doing all your training on one or two days each week.

Going the Distance: For 10km races it is feasible to train up to and over the race distance.

Your training is done to encourage physiological changes in your body – one of these is the ability to use different forms of energy. The most efficient energy source is glycogen – basically a sugar stored in the muscles. This will last for about 1 _ hrs of fairly rigorous exercise – like running. After that has gone the body learns to use fat for energy – which we all have a big supply of. The problem is that the body does not convert fat to energy very efficiently, although it can be improved by doing runs over 1 _ hrs. You need sufficient time on your feet to help train the energy systems, it encourages local endurance in the leg muscles and joints and it teaches you how to run efficiently. The occasional run over distance run is good for confidence – but in general longer will not mean fitter as you will not recover adequately to do your other training.

The amount of rest: Some leading athletes appear not to rest at all – to run at World class you have to achieve high quantities of training. These are the fittest and most economical movers in the World who can run for 30-40 mins without breathing, sweating or touching the ground. They are not like us, we expend enormous amounts of energy with each stride as the shock wave from each step knocks the wind out of your lungs.

Speed and ability are not necessarily good indicators of how efficient a runner you may be – slower runner's may simply not have the cardio-vascular system (heart & lungs) to run fast, but can run forever

without getting injured. Conversely, plenty of fast runners's regularly get injured because the bodywork is not as strong as the engine. Unfortunately, it is a suck-it-and-see situation, and you'll find out soon enough, however – it is still essential to build in rest days to allow for the training effect to take place.

Your Health: Everyone should be aware that there is a risk involved with active sport – heart defects leading to death being the most serious. That scare out of the way – for the vast majority of people active sport will improve your health and wellbeing.

Before setting out on an exercise regime you are well advised to visit your doctor for a check-up. A good doctor will be pleased to see you and should give you some advice on setting out – particularly if you have had a health problem like asthma or suffer from carrying excess weight.

The down side of training for a half marathon is that the daunting nature of the event requires you to take on more exercise than is normally advised. While sensible levels of exercise will improve your health, the levels needed to train for a marathon can lead to your immune system being suppressed. You will notice that sleep can become more difficult, your legs don't recover from runs as quickly, your resting pulse rate may be slightly higher than normal (it should get slower as you get fitter) - all of which may result in sore throats, colds that won't go away or flu. If you've gone this far – you must stop and recuperate. When you start up again start at a lower level and feel your way back gradually to where you were – but beware – where you were before is what got you ill in the first place!

Food & Drink: A healthy diet and high fluid intake are essential. Your body burns carbohydrate for the energy you need to make the muscles move, it also needs protein to help it recover from the damage done by hard exercise and it needs vitamins and minerals to maintain its health. So what you need is a good balanced diet. Make sure you are taking in plenty of carbohydrate

but make sure you are not surviving just on carbohydrate – a plate of just pasta isn't a balanced diet. If you are taking in a lot of fruit and veg, yet still get colds you may need to look at vitamin supplements – but they are not essential if your general health is good.

Liquid is essential. Even on a cold day you will lose a lot of liquid through sweating and breathing – if this does not get replaced your body cannot function properly. So make sure you drink regularly, before, during and after exercise – either water or an isotonic sport drink, the choice is down to taste although research does show that liquid is absorbed more quickly when taken as an isotonic drink (but don't treat them like soft drinks – during & immediately after exercise only is advisable).

Race Practice: For the beginner, taking part in a race is a nerve wracking experience, for the more experienced the 10km is an ideal race distance combining both pace and endurance. Racing is very different than running on your own: your perception of pace will alter and you will almost certainly run quicker in the first few miles than you thought you were, running uninhibited with several thousand people trying to step on your heels or stopping dead in front of you is frustrating, plus the whole thing about getting there, queuing for the loo (several times) and finding the start. It's best to experience that before the big day. A shorter race or fun run will give you some confidence about doing the distance and will teach you something about 'racing' and sustaining your pace.

Tapering Down: Training takes about 2 weeks to become effective – so there is little point in doing too much training in the last two weeks before the event. It is far better to be letting the body recuperate and build up its energy reserves. There is a balance to be found: ease back too much and you will start to lose training effect and start to feel a little bit sluggish. Start to reduce the quantity of training 2 weeks before the 10km, but maintain some faster running to keep you feeling 'sharp'. Keep some light training going even in the last week – it's good for confidence – but don't burn up valuable energy with unnecessary 'nervous' training at the last minute.

In the last 4 days concentrate on getting lots of carbohydrate inside you and keep fully hydrated by sipping water regularly. Make your last big meal at least 12 hrs before the race and have a light breakfast 3 hrs before the start on the big day. Drink small amounts right up to start time and take 500ml of water on to the startline and drink it just before the gun is going to go off – it's the most valuable water you'll take on board all day. Then try to get a small amount of liquid at each drink station on the race course.

8 WEEK – 10K TRAINING SCHEDULES

IMPORTANT: WARM-UP JOG AND STRETCH BEFORE ALL SESSIONS + STRETCH GENTLY AFTER (BEFORE YOU GET COLD).

WEEK 1	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	30 mins walk/jog	30 mins Run	60 mins Run	90 mins Run
MONDAY	Rest	Rest	Rest	45 mins Run
TUESDAY	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
WEDNESDAY	Rest	Rest	30 min run – last 10 mins at 10km pace	45 min Run
THURSDAY	15 min walk/jog	30 min Run	45 min run	30 min run – last 10 mins at marathon pace
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy/Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
TRAINING OBJECTIVE:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.	Getting time on the feet and the start of a gradual build up of training.	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 min mile pace.	Runner probably already into full training for road or cross-country season. Introduction of 10km pace training.



WEEK 2	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	40 mins walk/jog	40 mins steady	60 mins steady	90 mins steady
MONDAY	Rest	Rest	Rest	45 mins Run
TUESDAY	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts
WEDNESDAY	Rest	Rest	30 min run – last 10 mins at 10km pace	45 min Run
THURSDAY	15 min walk/jog	30 min Run	45 min run	30 min run – last 10 mins at 10km pace
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy/Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
TRAINING OBJECTIVE:	As week 1	As week 1	As week 1	As week 1
WEEK 3	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	50 mins walk/jog	60 mins steady	90 mins steady	90 mins steady
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon - 45 mins easy
TUESDAY	20 mins jog	45 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	4 x 1 mile efforts at 10km pace.
WEDNESDAY	Rest	Rest	Rest	60 min Run
THURSDAY	20 mins jog	45 mins easy	45 mins easy	Morning – 30 mins easy/Afternoon – 45 mins easy
FRIDAY	Rest	Rest	30 mins easy	30 mins easy
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	Rest	30 min Jog
TRAINING OBJECTIVES:	Starting to run short distances continuously.	Development of the long run and some hill work to build strength in the legs.	Develop long run & faster stretches within the normal steady pace run.	Develop long run & faster stretches within the normal steady pace run.
WEEK 4	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	60 mins jog/walk	75 mins steady	5km race or time trial	5km race or time trial
MONDAY	Rest	Rest	30 mins easy	30 mins easy
TUESDAY	25 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	6 x 1,000 m at 5km pace – 3 mins recovery between each
WEDNESDAY	Rest	Rest	30 mins easy	Morning – easy 30 mins/Afternoon – 60 mins steady
THURSDAY	25 mins easy	45 mins steady	60 mins easy	Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:	Gradually increasing time of the feet – a mental strategy or run 5 mins/ walk 1 min for the long run will help you get through 60 mins.	Lengthening long run – the pace doesn't matter. Introduction of 'speed work' at race pace will accelerate fitness levels.	Building the speed necessary to run a 10km with some efforts faster than 10km pace.	Building the speed necessary to run a 10km with some efforts faster than 10km pace
WEEK 5	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	75 mins run/walk	75 mins easy	90 mins steady	90 mins steady
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 45 mins Run
TUESDAY	35 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point
WEDNESDAY	Rest	Rest	60 mins easy	Morning – 30 mins easy/Afternoon – 60 mins steady
THURSDAY	35 mins easy	60 mins easy	30 mins steady	Morning – easy 30 mins/Afternoon – steady 30 mins followed by 10 x 200m
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:	15 mins added to the long run – using the 5 min run/1 min walk strategy.	Consolidation week – getting used to the balance between the long run and speed work.	Consolidation week – getting used to the balance between the long run and speed work.	Consolidation week – getting used to the balance between the long run and speed work.
WEEK 6	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	75 mins run/walk	75 mins easy	90 mins steady	90 mins steady
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 45 mins Run
TUESDAY	40 mins easy	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast/5 mins slow, the 4, 3, 2, 1 min back down.
WEDNESDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 60 mins Run
THURSDAY	40 mins easy	60 mins easy	75 mins easy	Morning – 30 mins easy/Afternoon - 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down
FRIDAY	Rest	Rest	30 min easy	30 min easy
SATURDAY	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	Rest	Rest
TRAINING OBJECTIVES	Consolidation week – slight increase in the mid week runs.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time. At same time long run is increased to the magic 2-hrs.	Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a long time.
WEEK 7	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	75 mins run/walk	75 min run	75 min run	75 min run
MONDAY	Rest	Rest	30 mins easy	Morning – 30 mins easy/Afternoon – 30 mins easy
TUESDAY	45 mins steady	10 mins warm up – 20 mins at 10km pace – 10 min warm down.	10 mins warm up – 20 mins at 10km pace – 10 min warm down.	3 sets of 4 x 300m at 3 km pace with 100 m jog recovery between efforts/3 mins standing recovery between sets.
WEDNESDAY	Rest	Rest	60 mins steady	60 mins steady
THURSDAY	60 mins steady	60 mins steady	Morning – 30 mins easy/Afternoon – 30 min easy	Morning – 30 mins easy /Afternoon – 30 mins easy
FRIDAY	Rest	Rest	Rest	Rest
SATURDAY	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	15 x 1 min running up shallow hill – walk back down recovery	20 x 1 min running up shallow hill – walk back down recovery
TRAINING OBJECTIVE:	The long runs are going to start to get you tired – refuelling after the long Sunday run & mid week hour run is essential – it's tough but it will start to build the endurance you'll need for the race.	Race pace running is important so that your body gets the 'feel' of the speed you want to race at.	Race pace running is important so that your body gets the 'feel' of the speed you want to race at. Twice a day training on some days gives a boost to your endurance, and the afternoon run can sometimes be better because you have 'warmed-up' in the morning.	Big 'interval sessions' develop the heart & lungs, build strength and develop the speed necessary to run 6 min per mile comfortably.
WEEK 8	GET YOU ROUND	SUB-1 HR	SUB-45 MINS	SUB-38 MINS
SUNDAY	45 mins run/walk	45 mins run/walk	45 mins run/walk	45 mins run/walk
MONDAY	Rest	Rest	30 mins easy	45 mins Run
TUESDAY	45 mins Run	10 mins warm up – 10 x 200m with 200m walk/jog recovery – 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery – 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery – 10 min warm down.
WEDNESDAY	Rest	Rest	30 min easy	30 mins easy
THURSDAY	20 mins easy	30 mins steady	30 mins steady	30 mins easy
FRIDAY	20 min easy	30 mins easy	30 mins easy	30 mins easy
SATURDAY	Rest	Rest	Rest	Rest
TRAINING OBJECTIVE:	Taper down for race.	Taper down for race.	Taper down for race.	Taper down for race.
WEEK 9	RACE DAY	RACE DAY	RACE DAY	RACE DAY