



Novice to Intermediate 8-week 10km training plan



Week	Tues	Thu	Weekend
1	10 minute easy warmup jog. 4 - 8 x (1min stride-out, 1min walk/jog recovery). 5 mins easy cool down jog	2km easy run	3-4km easy run
2	10 minute easy warmup jog. 7-10 x (1min stride-out, 1min walk/jog recovery). 5 mins easy cool down jog	2km easy run	3-4km easy run
3	10 minute easy warmup jog. 3x (3-5mins tempo pace, 2-3min easy recovery jog/walk) 5-10 mins easy cool down jog	2-3km easy run. Shorter for hilly Longer for flat	4-6km easy run
4	10 minute easy warmup jog. 3x (3-5mins tempo pace, 2-3min easy recovery jog/walk) 5-10 mins easy cool down jog	2.5-3.5km easy run. Shorter for hilly Longer for flat	5-7km easy run
5	10 minute easy warmup jog. 2x (7-10mins tempo pace, 2min easy recovery jog) 5-10 mins easy cool down jog OR 10 minute easy warmup jog. Long (60-90sec), gentle-grade hill repeats x6 Walk or slow jog back down as recovery 5-10 mins easy cool down jog	2.5-3.5km easy run. Shorter for hilly Longer for flat	6-8km easy run
6	10 minute easy warmup jog. 2x (7-10mins tempo pace, 2min easy recovery jog) 5-10 mins easy cool down jog OR 10 minute easy warmup jog. Long (60-90sec), gentle-grade hill repeats x6 Walk or slow jog back down as recovery 5-10 mins easy cool down jog	3.5 – 5km easy run. Shorter for hilly Longer for flat	7-9km easy run
7	10 minute easy warmup jog. 15-20mins tempo pace 5-10 mins easy cool down jog OR 10 minute easy warmup jog. Long (60-90sec), gentle-grade hill repeats x8 Walk or slow jog back down as recovery 5-10 mins easy cool down jog	3.5 – 5km easy run. Shorter for hilly Longer for flat	8-10km easy run
8	10-15 minute easy warmup jog. 10 x (1min stride-out, 1min jog recovery). 5 mins easy cool down jog	2-3km easy run.	10km BEER RUN!!

Notes on the 10km program:

Base Fitness

There is at least some degree of assumed fitness required before starting this program. It is assumed that you can already jog continuously over level terrain for at least 25 minutes. Good general health is assumed too. If you have not been exercising regularly, and not had a medical checkup in the past 12 months, speak to your GP before commencing a program like this.

The increments across this program are most likely too aggressive if you are a completely novice runner or have not been doing at least a couple of runs per week for a couple of months before commencing this program. Realistically, 8 weeks is not very much time to train up to run a fast or aggressive 10k if your fitness is poor. Be conservative, it's better to run a slower race on the day than to not make the start line at all because of injury!!! See the notes below regarding 'Ranges' for tailoring this program between both lower and intermediate levels of fitness.

Run or Run-Walk-Run?

If you are concerned that your fitness is not quite up to the task, if you are somewhat 'injury-prone', or are coming back from a recent injury, you may want to consider a run-walk-run strategy. There are many examples of people who have successfully completed races from 10 km up to Ultra Marathons using these strategies. Detailing all the aspects of run-walk-run is beyond the scope of this plan, there are many websites where you can read about this type of training and racing strategy. You can easily adapt the program above to become a run-walk-run training plan.

Basic Training Principles in This Plan

There are deliberately only 3 sessions per week in this plan. This is to allow adequate recovery time between sessions, particularly important over a short build-up like 8 weeks. One of the most commonly overlooked factors influencing injury risk is adequate recovery. If you are already performing multiple sessions of different types of training during the week (other than running) you may want to consider reducing those training sessions while increasing your running.

All good training programs include a mixture of focus on intensity/effort, strong running form, and progressive increases in endurance. The more significant increases in distances are deliberately kept at an easy pace, and the increases in effort/intensity are deliberately kept separate to the weekend longer run. Trying to simultaneously increase your distance and intensity increases the risk of injury.

Extra Sessions?

If the program above is even a moderate step up in mileage or intensity for you then I would suggest NOT adding extra runs at all, no matter how tempting. Running well, and running injury-free, does not work on the 'more is better' principle. 'Recover better, train better' is key. Stepping up this much over 8 weeks is enough of a challenge in itself for many runners.

If you are already regularly running somewhere near the level of the middle weeks of this program then you could consider a little extra work. If I was to add an extra session to this program it would be a strength day or cross-training day. If you're not already at the gym then body-weight exercises are more than enough. Detailing these sorts of exercises is beyond the scope of this article, but I would recommend getting advice from someone like a physio or running coach if it is an option for you.

Ranges

Note that many of the entries have a range of distances, number of repeats, or time. Use these ranges to tailor the program to your fitness. Run at the bottom end of the range if you feel your fitness is low. You should also consider

running towards lower ends of the range from time to time if your stress levels are high (yes- stress affects recovery and injury risk!), your sleep has been poor, or you are feeling a little stiff or sore. Listen to your body! If this is your first 10km race, stick to the lower end of the ranges.

Easy pace

2 out of the 3 weekly sessions in this program are very deliberately described as easy pace. This could be described as “conversational pace”, i.e. a pace at which you would be able to hold a conversation. Another way of measuring this effort would be on a 0 to 10 scale of “perceived exertion”. Your rate of perceived exertion on an easy run would be around 6 or lower.

Stride-outs

Stride outs are shorter, harder running efforts where you focus on faster leg speed turnover, pumping the arms, and running tall & strong. Importantly, it is NOT an all-out sprint. You should be able to hold this effort for the entire minute at a quick, but steady pace. These efforts should equate to about an 8/10 level of exertion. They are short, so recovery is quicker. However you should be puffed by the end of each effort, make sure you really slow down for each recovery phase.

Tempo pace

Tempo pace is a term commonly used in running coaching, this term is often used interchangeably with the terms threshold pace or lactate pace. It could also be described as “comfortably hard”, or about 7-8/10 perceived exertion. Note that you should consider the pace to feel comfortably hard across the duration of each effort, not feel like you are running flat out in the first 100 m of a 3 to 5 minute effort! Focus on good running form throughout each effort, i.e. running tall with good arm swing, controlled breathing and a steady leg turnover. There is deliberately no distance listed for these runs, focus on effort with time as the main measure.

Terrain

Given that you are training for a trail run, try to vary the surfaces on which you run. Utilising running routes with undulating or rolling terrain is a great way to naturally vary your heart rate, helping to improve your fitness further. It will also prepare you better for the undulating nature of the 10 km Beer Run course.