

## Client B - 10k Training Plan

Goal: to run sub 1 hour 10k

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Km
1	06/04/2020 REST	07/04/2020 5k easy 7.10min/km	08/04/2020 REST/walk	09/04/2020 6k tempo 6.30min/km	10/04/2020. REST/walk	11/04/2020 8k easy 7.10 pace	12/04/2020 REST/walk	20
2	13/04/2020. 5k easy 7.10min/km	14/04/2020 REST/walk - 10 mins stretching	15/04/2020. 6k tempo 6.30min/km	16/04/2020 REST/walk - 10 mins stretching	17/04/2020 8k easy 7.10 pace	18/04/2020 REST/walk - 10 mins stretching	19/04/2020. 5k easy 7.10min/km	24
3	20/04/2020 REST/walk - 10 mins stretching	21/04/2020 7k tempo 6.30min/km	22/04/2020 REST/walk - 10 mins stretching	23/04/2020 5k easy 7.10min/km	24/04/2020 REST/walk - 15 mins stretching	25/04/2020 9k easy 7.10 pace	26/04/2020 REST/walk	21

This plan bespoke designed to build a solid base before gradually increasing speed work to work towards a sub 1-hour 10k

**Guide to the sessions - Sessions in Red indicate a session with AC. Not all of below is included in every plan.**

Easy - An easy run should be at conversational pace maintaining a relaxed breathing. Easy runs make up the bulk of training.

Tempo - A higher pace you could maintain over the distance without slowing.

Race pace - The time you are targeting to run to achieve your time goal. Pace should be consistent and hard but controlled.

Long run - These runs aim to build up stamina and endurance for the required race distance - use these runs to practise nutrition/hydration before, during and after.

Fartlek - Speed play originating from Sweden. Various higher intensity efforts from point to point followed by slower pace.

Intervals - set distance and reps of high intensity and short rest designed to increase speed and lung capacity.

Rest - Rest days are vital to allow the body to repair itself, enhance recovery and adapt to training. Rest days can consist of walking and light stretching.

Core - Core strengthening activities are important to engage the core muscles to support the body against the high demands of exercise. Injury prevention.

Leg Strengthening - improves speed, strength and protects against injury.

Foam Rolling - stimulates muscle recovery and reduces soreness and stiffness. Injury prevention. Try to do after all runs as well as set sessions.