



## 8 week, 10k Training Plan - Upping the distance

This training plan is for those looking to increase their distance and target their first 10k race. The plan includes a bit of speed work and some hills. Running up hill requires more effort and will feel harder, but the strength you will gain from this will benefit your running no end. Be sure to include the rest days so that you are properly recovered and listen to your body – if you feel tired make Wednesday a complete rest day. i.e no strength exercises.

After each run be sure to stretch your leg muscles to avoid tightness the next day.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	REST DAY	5 mins warm up, then 2.5 mile, easy pace	REST DAY with *Strength Exercises	5 min jog 3 miles steady run	CROSS TRAIN (suggested time of 1 Hour)	REST	3 mile easy/steady run
WEEK 2	REST DAY	5 mins warm up, then 3 mile, steady pace	REST DAY with *Strength Exercises	5 min jog 4 miles steady run including 2 decent hills. Try to maintain good form and pace	CROSS TRAIN (suggested time of 1 Hour)	REST	4 mile steady run - off road if possible
WEEK 3	REST DAY	5 mins warm up, then 3.5 mile, steady pace	REST DAY with *Strength Exercises	5 min jog 4 miles steady run including 2 decent hills.	REST	Parc Run or your own fast 5 km	5 mile easy run - off road if possible
WEEK 4	REST DAY	5 mins warm up, then 4 mile, steady pace	REST DAY with Strength Exercises	5 min jog 5 miles steady run including 2 decent hills.	CROSS TRAIN (suggested time of 1 Hour)	REST	6 mile steady run - off road if possible

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	REST DAY	5 mins warm up, then 4.5 mile, steady pace	CROSS TRAIN (suggested time of 1 Hour)	5 min jog 5 miles steady run including 2 decent hills.	REST	Parc Run or your own fast 5 k	7 mile steady run - off road
WEEK 6	REST DAY	5 mins warm up, then 4 mile, steady pace with 3 x 100m faster running with a walk back recovery	CROSS TRAIN (suggested time of 1 Hour)	5 min jog 6 miles steady run including 2 decent hills.	CROSS TRAIN	REST	7 mile steady run - off road
WEEK 7	REST DAY	5 mins warm up, then 4 mile, steady pace with 3 x 100m faster running with a walk back recovery	CROSS TRAIN (suggested time of 1 Hour)	5 min jog 5 miles steady run	REST DAY with Strength Exercises	2 miles easy	6 mile steady run - off road
WEEK 8	REST DAY	5 mins warm up, then 3 mile, steady pace with 4 or 5 x 100m faster running with a walk back recovery	CROSS TRAIN (suggested time of 1 Hour)	REST	REST DAY with Strength Exercises	2 -3 miles easy with 4 x 100m fast running, walk backs.	RACE DAY

\*\*\*\*The strength exercises can be found in the video section. They are approx 20 mins in length and feature core, arm and leg sessions.

If you enjoyed this training programme and are thinking of running further, check out our no nonsense, super simple to follow, Half Marathan training plan.

