10k Training Program - BEGINNER

This program has been designed specifically for the SH10k by *Runlab*.

This guide gives a training programme for people wishing to run 10 km for an organised race or just as a challenge for themselves.

It's suitable for you if you can run/walk 5km in 40 minutes.

The program will focus on:

- improving your aerobic fitness and stamina
- getting you into a good running routine
- training a maximum of three days a week over an ten week period

You may find there are some terms you don't understand. At the end of this plan you'll find some key definitions to help you get the most out of your training.

5-May

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
1	**MONDAY**	Rest				Rest Day
	TUESDAY AM	Run/Walk/Run	3k Approx in total	Comfortable	40-50% HRM	Run 10min/walk 1-2 minutes/Run 10min. **RPE2-3**
	WEDNESDAY AM	GYM/Core				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	General Aerobic	3k Approx in total	Comfortable /Moderate	51-60% HRM	Run 2km steady trying to do without stopping - Make a note of your time. Warmup and warm down. **RPE 3-4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	3k Approx in total	Comfortable	40-50% HRM	Run 10min/walk 1-2 minutes/Run 10min. **RPE2-3**
	SUNDAY AM	Rest				Rest Day

12-May

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
2	**MONDAY AM**	Rest				
	TUESDAY AM	Run/Walk/Run	4k approx in total	Comfortable	40-50% HRM	Run 12min/walk 1-2 minutes/Run 12min. **RPE 2-3**
	WEDNESDAY AM	Rest				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	General Aerobic	3k Approx in total	Comfortable /Moderate	51-60% HRM	Run 2km steady trying to do without stopping - Make a note of your time. Warmup and warm down. **RPE 3-4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	4k approx in total	Comfortable	40-50% HRM	Run 12min/walk 1-2 minutes/Run 14min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

19-May

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
3	**MONDAY AM**	Rest				Rest Day
	TUESDAY AM	Run/Walk/Run	4k approx in total	Comfortable	40-50% HRM	Run 12min/walk 1-2 minutes/Run 14min **RPE 2-3**
	WEDNESDAY AM	GYM/Core				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	4k approx in total	Moderate	51-60% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard. **RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	5k Approx in total	Comfortable	40-50% HRM	Run 14min/walk 1-2 minutes/Run 18min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

26-May

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
4	**MONDAY AM**	Rest				Rest Day
	TUESDAY AM	Lactate Threshold	4.5k approx in total	Challenging	61-80% HRM	Tempo Run. This is slightly slower than your 10km race target. Warmup then 1 min on 1 min off on at 7 min/k. For 30 minutes, then cooldown **RPE 5-6**
	WEDNESDAY AM	GYM/Core				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	5k Approx in total	Moderate	51-60% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard.**RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	6k Approx in total	Comfortable	40-50% HRM	Run 18min/walk 1-2 minutes/Run 20min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

2-Jun

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
1	**MONDAY**	Rest				Rest Day
	TUESDAY AM	Lactate Threshold	5k approx in total	Challenging	40-50% HRM	Tempo Run. This is slightly slower than your 10km race target. Warmup then 1 min on 1 min off on at 7 min/k. For 24 minutes, then cooldown **RPE 5-6**
	WEDNESDAY AM	GYM/Core				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	4k Approx in total	Moderate	51-60% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard. **RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	6k Approx in total	Comfortable	40-50% HRM	Run 18min/walk 1-2 minutes/Run 20min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

9-Jun

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
2	**MONDAY AM**	Rest				
	TUESDAY AM	Lactate Threshold	5k approx in total	Challenging	61-80% HRM	Tempo Run. This is slightly slower than your 10km race target. Warmup then 1 min on 1 min off on at 7 min/k. For 28 minutes, then cooldown **RPE 5-6**
	WEDNESDAY AM	Rest				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	4k approx in total	Moderate	61-80% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard. **RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	6k Approx in total	Comfortable	40-50% HRM	Run 18min/walk 1-2 minutes/Run 20min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

16-Jun

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
3	**MONDAY AM**	Rest				Rest Day
	TUESDAY AM	Lactate Threshold	5k approx in total	Challenging	40-50% HRM	Tempo Run. This is slightly slower than your 10km race target. Warmup then 1 min on 1 min off on at 7 min/k. For 30 minutes, then cooldown **RPE 5-6**
	WEDNESDAY AM	GYM/Core				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	4k approx in total	Moderate	51-60% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard. **RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	6k Approx in total	Comfortable	40-50% HRM	Run 18min/walk 1-2 minutes/Run 20min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

30-Jun

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
1	**MONDAY**	Rest				Rest Day
	TUESDAY AM	Lactate Threshold	7k approx in total	Challenging	40-50% HRM	Tempo Run. This is slightly slower than your 10km race target. Warmup then 2 min on 1 min off on at 7 min/k. For 36 minutes, then cooldown **RPE 5-6**
	WEDNESDAY AM	GYM/Core				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	6k Approx in total	Moderate	51-60% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard. **RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Run/Walk/Run	6k Approx in total	Comfortable	40-50% HRM	Run 18min/walk 1-2 minutes/Run 20min. **RPE 2-3**
	SUNDAY AM	Rest				Rest Day

7-Jul

WEEK	Day	Session	Distance	Pace	HR	RunLab Comments
2	**MONDAY AM**	Rest				
	TUESDAY AM	Lactate Threshold	5k approx in total	Challenging	61-80% HRM	Tempo Run. This is slightly slower than your 10km race target. Warmup then 1 min on 1 min off on at 7 min/k. For 28 minutes, then cooldown **RPE 5-6**
	WEDNESDAY AM	Rest				Another exercise non running is beneficial. If possible incorporate 20 minutes of core exercises.
	THURSDAY AM	Long/Medium Long	4k approx in total	Moderate	61-80% HRM	Steady run, use pace as a guide only 7-8 min/km is ok. The key is that this shouldn't feel hard. **RPE 4**
	FRIDAY AM	Rest				Rest Day
	SATURDAY AM	Rest				
	SUNDAY AM	V02 Max (5k Pace)		6:30	167.4-171	RACE DAY - **RPE 8-9**

Training Tables

The following table has been put together to give more detail especially in regard to Rate Perceived Exertion (RPE) and training guidelines. It is very useful for beginner runners.

The **RPE scale** is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.	**Running activity**	**Talk test**	**% of Max Heart Rate**
0 – Nothing at all	Comfortable very easy run/jog and walking.	very easy. You can easily	40-45%
0.5 – Just noticeable			
1 – Very light			
2 – Light			46-50%
3 – Moderate	General aerobic/recovery run	Very easy. You can converse with almost no effort	51-55%
4 – Somewhat heavy		Moderately easy. You can converse with a little more effort	56-60%
5 – Heavy	Long/Medium Long run	Starting to get challenging. Conversation required effort	61-67%
6		Difficult. Conversation requires a lot of effort	68-75%
7 – Very heavy	Tempo run/Lactate Threshold		76-80%
8		Very Difficult. Conversation requires maximum effort	81-85%
9	V02 Max/Race pace	Full out effort. No conversation possible	86-92%
10 – Very, very heavy	Race pace/Race pace to win		93-100%

Key Definitions

If you are new to running and this type of training, there may be a few terms that you are not sure of the meaning. The key definitions are below.

Lactate Threshold
A person's anaerobic threshold or the point where the lactic acid builds in the muscles due to the body's inability to process it. Runners can delay the onset of their lactate threshold through proper training and, as a result, improve their endurance and speed.

Long/Medium Run
Long run, the aim is to improve your endurance. Do at the correct intensity. Long runs are also done at a moderate aerobic intensity; they are just longer and eventually >60 minutes. If you had a goal marathon pace, the long run would be 10-20% slower than this.

General aerobic
A standard moderate effort run, slower than tempo, but faster than recovery with the aim to enhance overall aerobic conditioning

Tempo
A Tempo run is close to your ideal 15km or Half Marathon pace target. This type of run provides stimulus to improve lactate threshold pace, which will allow you to gradually improve your shorter race times.

VO2 Max
Short Repetitions of Between 600-1600m at 5k pace. This provides stimulus to increase speed and Lactate Threshold

Lactate Threshold
A person's anaerobic threshold or the point where the lactic acid builds in the muscles due to the body's inability to process it. Runners can delay the onset of their lactate threshold through proper training and, as a result, improve their endurance and speed.

Heart Rate
Heart rate is the single most accurate means to understand how your body is responding to exercise. You can measure you heart rate by placing your first two fingers on either side of the neck then counting the number of beats for a minute. This will give you a reading of beats per minute (BPM). From here you can work out the Maximum number of beats per minute that your heart should reach in any given activity. This number is based on your age, gender, size and lifestyle choices. You can estimate your max heart rate using the following formula - HRMax = 208 - (0.7 * age) [Tanaka, Monahan, & Seals]. Alternatively, a heart rate monitor such as the TomTom Runner can be used to get a more accurate heart rate measurement.