

# 10K TRAINING PLAN

## ADVANCED



## Top 10 Tips For Novice 10k Runners

If this is your first Half Marathon and you're feeling a little apprehensive about what to expect during the next few months of training, here are our top 10 tips on how to approach this exciting challenge.

1. **Slow & Steady** - The slower and steadier you approach training, the less chance there is that you'll get injured and the more you'll enjoy the experience.
2. **It's YOUR Race** - Resist the temptation to copy how other people train. Everyone is different, so stick to YOUR Training Plan and no one else's.
3. **Run Happy** - Training CAN be fun. Do whatever it takes to make your training enjoyable -so jog with a chum or listen to some great music / podcasts.
4. **Work that Booty** - Conditioning exercises for the core and glutes (found in the GH Training Video Library) are really important to help prevent injury - so try and do them at least twice a week.
5. **Keep up the Fluids** - Drinking fluids frequently is really important to keep the body hydrated. If you're generally not very good at drinking water throughout the day, try and get into the habit of frequently sipping out of a bottle.
6. **Nip Niggles in the Bud** - If you have a muscle niggle that gets worse, seek professional advice from a physiotherapist. The sooner it's treated the better.
7. **Sign up for a short fun run** - Getting "Race Day" practice in is a really good idea so that you are familiar with what it's like on race day. Running with other people, butterflies in your stomach and the atmosphere are things you can't replicate in training, so try and get some event experience before the big day.
8. **Vary your Training** - Mixing your training up by running different routes and mixing up your pace are great ways to stop training getting stale and to help keep training interesting.
9. **Remember to Rest** - The importance of rest is massively under-estimated by many marathon runners. If you and / or your legs are tired, then don't feel guilty taking an extra day off to recover
10. **Listen to your Body** - Whether it's injury, illness or fatigue - always listen to what your body is telling you. If something isn't right, your body will let you know and it's really important you listen to it.



## Explanation of Training Session Terms:

- **Easy / Walk** - This is a **really gentle jog**, a brisk walk - or a mixture of the two. It is totally fine to blend walking an easy jogging, particularly in the early stages of training  
*RPE Scale - 2-3*
- **Steady Run** - This is the pace the majority of your runs should be run at. It's a "comfortable pace" and a pace which you feel you can run for a long period of time. You should just about be able to count to 10 in one breath whilst running at this pace and you should certainly be able to hold a conversation with someone.  
*RPE Scale - 4-5*
- **Tempo Run** - This pace is a notch up from a steady pace and should feel much more of an effort. Initially, you will only be able to hold this pace for a mile or 2, but this will increase to 8-10 miles over time.  
*RPE Scale - 6-7*
- **Fartlek** - Predominantly an easy or steady run, but with randomised fast intervals thrown in every now and again. Include as many intervals as you like - as often, as far and as fast as you wish. Replace these sessions with "Intervals" if you like.  
*RPE Scale - 3-8 (8 being max intensity of "fartlek" segment)*
- **Cross Train** - Any other cardiovascular activity that is NOT running. Common forms of cross training include cycling, rowing & swimming.
- **Intervals** - Structured and high intensity running intervals with a set period of rest. Popular intervals include:
  - 4 x 1 mile or 1km intervals - with 4-5 mins \*rest in-between intervals.
  - 8 x 800m intervals - with 3 mins \*rest in-between intervals.*RPE Scale - 2-9 (9 being max intensity of "interval")*  
*\*It's ok to just walk during your rest period.*

## RATE OF PERCEIVED EXERTION (RPE) SCALE.

R.P.E SCALE	HOW YOU FEEL	%HR MAX
1	Chilling. Sitting down, feet up watching a movie.	30-40%
2	A steady walking pace.	45-55%
3	<b>A light jog or a Brisk Walk</b>	60-70%
4	A perfect sociable pace. Quicker than a jog but able to have a chat.	70-75%
5	Pretty comfortable. Got a good sweat on and you feel great.	75-80%
6	Comfortable -ish. You feel like it's good paced run.	80-85%
7	Talking getting difficult. Possible - but no very easy.	85-90%
8	Only short answers to important questions possible.	90-95%
9	Talking all but impossible.	95%+
10	Talking is impossible. You can only keep this intensity up for 10-15 seconds or so.	N/A

**Remember - this plan is just a guide and offers a guide on suggested running distances and sessions.**

**Feel free to adapt it to suit you and your lifestyle**

## Conditioning Exercises

As you'll see in the following plan, once a week - on **Day 4** - it is suggested that you either "Rest" or do some "Conditioning Exercises."

Of course, it doesn't matter if you jig around the sessions and would prefer to do it on another day - **or even twice in the week**, it's just a guide - so do them whenever it suits you.

These sessions (highlighted in yellow) are included in the plan to remind you of the importance of how performing regular exercises can help you prevent picking up injuries. Such sessions might include:

- *Foam rolling*
- *Stretching*
- *Strengthening exercises*
- *Stability exercises*

## Check out the GH Training Video Library

For ideas of what conditioning exercises you can do for these days, head over to the GH Training Video Library available on the [GH Training App](#).

There, you'll be able to find a wide range of foam rolling, stretching, strengthening and stability exercises, which will compliment your running and make sure that tight muscle tissue is released and stretched - and weak muscles are strengthened.

These exercises needn't take long and the majority can be done in front the TV and in the comfort of your own home.



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	30-40 mins ( <i>Easy</i> )	Rest	20-30 mins ( <i>Steady</i> )	<i>Rest / Conditioning Exercises</i>	20-30 mins ( <i>Steady</i> )	Rest	3-4km ( <i>Steady</i> )
2	Rest / 30-40 mins ( <i>Easy</i> )	Rest	20-30 mins ( <i>Steady</i> )	<i>Rest / Conditioning Exercises</i>	20-30 mins ( <i>Fartlek</i> )	Rest	4-5km ( <i>Steady</i> )
3	Rest / 30-40 mins ( <i>Easy</i> )	Rest	20-30 mins ( <i>Steady</i> )	<i>Rest / Conditioning Exercises</i>	20-30 mins ( <i>Fartlek</i> )	Rest	5-6km ( <i>Steady</i> )
4	Rest / 30-40 mins ( <i>Easy</i> )	Rest	30-40 mins ( <i>Fartlek</i> )	<i>Rest / Conditioning Exercises</i>	20-30 mins ( <i>Fartlek</i> )	Rest	5-6km ( <i>Steady</i> )
5	Rest / 30-40 mins ( <i>Cross Train</i> )	Rest	3-4 x 1km - 4 mins rest ( <i>Intervals</i> )	<i>Rest / Conditioning Exercises</i>	25-30 mins ( <i>Tempo</i> )	Rest	6-7km ( <i>Steady</i> )
6	Rest / 40-50 mins ( <i>Cross Train</i> )	Rest	3-4 x 1km - 4 mins rest ( <i>Intervals</i> )	<i>Rest / Conditioning Exercises</i>	25-30 mins ( <i>Tempo</i> )	Rest	6-7km ( <i>Steady</i> )
7	Rest / 40-50 mins ( <i>Cross Train</i> )	Rest	4-5 x 1km - 3 mins rest ( <i>Intervals</i> )	<i>Rest / Conditioning Exercises</i>	25-30 mins ( <i>Tempo</i> )	Rest	7-8km ( <i>Steady</i> )
8	Rest / 40-50 mins ( <i>Cross Train</i> )	Rest	4-5 x 1km - 3 mins rest ( <i>Intervals</i> )	<i>Rest / Conditioning Exercises</i>	30-35 mins ( <i>Tempo</i> )	Rest	8-9km ( <i>Steady</i> )
9	Rest / 40-50 mins ( <i>Cross Train</i> )	Rest	30-40 mins ( <i>Fartlek</i> )	<i>Rest / Conditioning Exercises</i>	30-35 mins ( <i>Tempo</i> )	Rest	8-10km ( <i>Steady</i> )
10	Rest / 30min light walk	Rest	30-40 mins ( <i>Easy</i> )	<i>Rest / Conditioning Exercises</i>	30-40 mins ( <i>Easy</i> )	Rest	<b>RACE DAY</b>