NSPCC

Beginners 10k training plan

LET'S GO!

Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.

Is this plan suitable for me?

This plan is for new runners. You'll have had very little fitness training (or none at all), and now you want to run 10k for the first time. Ask yourself if the plan matches your current fitness level, and take care to see that it fits your availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1–10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

*Perceived effort =
 1 represents no effort and
 10 represents maximum effort

EVERY CHILDHOOD IS WORTH FIGHTING FOR

fullpotential

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Walk / Run** 4 x 7 mins easy run, with 2 mins easy walk in between sets + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 15 mins alternate easy and steady run + stretch	**Rest**	**Cross-training or Conditioning** 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Walk / Run** 2 x 25 mins run: split 5 mins brisk walk, 15 mins easy run, 5 mins brisk walk + stretch
Week 2	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Workout run** 10 mins warm up, 4 x 2 mins at threshold effort with 90 second recovery between sets, 10 mins cool down + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 20 mins alternate easy and steady run + stretch	**Rest**	**Cross-training or Conditioning** 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Walk / Run** 2 x 25 mins run: split 5 mins brisk walk, 15 mins easy run, 5 mins brisk walk + stretch
Week 3	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Workout run** 10 mins warm up, 5 x 2 mins at threshold effort with 90 second recovery between sets, 10 mins cool down + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 25 mins alternate easy and steady run + stretch	**Rest**	**Cross-training or Conditioning** 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Walk / Run** 2 x 25 mins run: split 5 mins brisk walk, 15 mins easy run, 5 mins brisk walk + stretch
Week 4	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Workout run** 10 mins warm up, 30 mins at steady effort run, 10 mins cool down + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 30 mins alternate easy and steady run + stretch	**Rest**	**Cross-training or Conditioning** 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 40 mins easy run
Week 5	**Rest**	**Workout run** 10 mins warm up, 5 x 3 mins at threshold effort with 90 second recovery between sets, 10 mins cool down + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 20 mins easy run + stretch	**Rest**	**parkrun**	**Cross-training** 30 mins easy cross-training + stretch
Week 6	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Workout run** 10 mins warm up, 5 x 3 mins at threshold effort with 60 second recovery between sets, 10 mins cool down + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 30 mins steady run + stretch	**Rest**	**Cross-training or Conditioning** 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 45 mins easy run
Week 7	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Workout run** 10 mins warm up, 30 mins at steady effort run, 10 mins cool down + stretch	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 30 mins alternate easy and steady run + stretch	**Rest**	**Cross-training or Conditioning** 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Run** 45 mins easy run
Week 8	**Rest / Cross-training / Conditioning** Rest or 45 mins cross-training or strength and conditioning (can be a gym class) + stretch	**Workout run** 10 mins warm up, 4 x 3 mins at threshold effort with 60 second recovery between sets, 10 mins cool down + stretch	**Rest**	**Run** 20 mins alternate easy and steady run + stretch	**Rest**	**Run** 15 mins easy run + stretch	**10k race day** ☆