St Davids 10k Home Run Training Plan

Week 1

Week 1	Beginners	Easy	Intermediate	Advanced
Monday	REST	REST	REST	45 minute run
Tuesday	15 minute walk/jog	30 minute run	45 minute run	8 x 2 minutes at 10km pace with 2 minute jog recovery between efforts
Wednesday	REST	REST	30 minute run - last 10 minutes at 10km pace	45 minute run
Thursday	15 minute walk/jog	30 minute run	45 minute run	30 minute run - last 10 minutes at marathon pace
Friday	REST	REST	REST	REST
Saturday	15 minute walk/jog	Circuits of a park alternating 1 minute at faster than normal pace / 1 minute at slower than normal pace x 10 each	Circuits of a park alternating 1 minute at faster than normal pace / 1 minute at slower than normal pace x 10 each	Morning – 30 minutes easy/ Afternoon - Circuits of a park alternating 1 minute at faster than normal pace / 1 minute at slower than normal pace x 10 each
Sunday	30 minute walk/jog	30 minute run	60 minute run	90 minute run
Training Objective	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.	Getting time on the feet and the start of a gradual build up of training.	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 minute mile pace.	Runner probably already into full training for road or cross-country season. Introduction of 10km pace training.

Torfaen Leisure Trust
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St David's Hospice Care

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Week 2

Week 2	Beginners	Easy	Intermediate	Advanced
Monday	REST	REST	REST	45 minute run
Tuesday	15 minute walk/jog	30 minute run	45 minute run	8 x 2 minutes at 10km pace with 2 minute jog recovery between efforts
Wednesday	REST	REST	30 minute run - last 10 minutes at 10km pace	45 minute run
Thursday	15 minute walk/jog	30 minute run	45 minute run	30 minute run - last 10 minutes at marathon pace
Friday	REST	REST	REST	REST
Saturday	15 minute walk/jog	Circuits of a park alternating 1 minute at faster than normal pace / 1 minute at slower than normal pace x 10 each	Circuits of a park alternating 1 minute at faster than normal pace / 1 minute at slower than normal pace x 10 each	Morning – 30 minutes easy/ Afternoon - Circuits of a park alternating 1 minute at faster than normal pace / 1 minute at slower than normal pace x 10 each
Sunday	40 minute walk/jog	40 minutes steady	60 minutes steady	90 minutes steady
Training Objective	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.	Getting time on the feet and the start of a gradual build up of training.	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 minute mile pace.	Runner probably already into full training for road or cross-country season. Introduction of 10km pace training.

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Week 3

Week 3	Beginners	Easy	Intermediate	Advanced
Monday	REST	REST	30 minutes easy	Morning - 30 minutes easy Afternoon - 45 minutes easy
Tuesday	20 minute jog	45 minutes easy	45 minute continuous run including 10 faster pace efforts of between 1 and 3 minutes with jog recovery (Run as you please)	4 x 1 mile efforts at 10km pace
Wednesday	REST	REST	REST	60 minute run
Thursday	20 minute jog	45 minutes easy	45 minutes easy	Morning - 30 minute easy Afternoon - 45 minute easy
Friday	REST	REST	30 minutes easy	30 minutes easy
Saturday	Circuit in a park - Run 1 minute continuous then walk 1 minute recovery x 10 each	10 x 1 minute running up a shallow hill (Walk back down is recovery)	REST	30 minute jog
Sunday	50 minute walk/jog	40 minutes steady	90 minutes steady	90 minutes steady
Training Objective	Starting to run short distances continuously.	Development of the long run and some hill work to bu	Develop long run & faster stretches within the normal steady pace run.	Develop long run & faster stretches within the normal steady pace run

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