

# Lorraine's 10km Training Guide

---

If you have run 5km, you can run 10km. The only question is, how long will it take to finish the race and how long will it take to recover? If you have trained for the distance/endurance, you will be in the best position to complete a 10km race.

This twelve-week training schedule is based on a few different coaches' training programs, including Hal Higden and Jeff Galloway. This program is designed to **build your endurance** so you can do the 10km. If you are fit enough, you can include speed work or hill sessions once a week.

You can count yourself lucky and tick off having completed your first race when you:

1. finish the race
2. don't get injured
3. had some fun and made new friends along the way.

## How to use this training guide

Run AT LEAST two times a week. Always do your long run.

The number in each square indicates the distance in kilometres to cover for that day, including your warm up/cool down.

Use **Monday** as a recovery day from the long runs on the weekend.

**Tuesdays** and **Thursdays** If you are a novice, endurance is more important than speed, so keep these sessions easy and enjoy the running. There are many other races you can do in the future focusing on time, for now, just focus on getting to the start line and finishing the race! Working too hard causes various issues including injury and burnout.

**Wednesday** – easy run or have a rest.

**Friday** is a rest day, so you are right for the long runs on the weekend.

**Saturday** – 5km parkrun or have a rest.

**Sunday** – long run.

## Top Tips

Do a **time trial** once a month to determine your race pace. Use an online race calculator to work out what your **race pace** will be. Here is one you can try: <http://www.runningforfitness.org/calc/racepaces/rp>

If you miss a session, don't make it up. You will just end up being tired all the time. But on the other hand, don't sacrifice your long runs. Get those done – walk if you have to.

Don't get sick. Be fanatical about this.

Get enough rest – after your long run, your rest days are the most important part of your training program to prevent overtraining.

Do weight training – if you wish – but make sure it enhances what you need for the race i.e. strong quads for downhill running. The other option is to stick with running and run down hills!

As this race involves some off road running, include that in your training.

#### WARNING

Participation in running carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. You should know that running is a potentially hazardous activity and you need to be in good health and physically fit to enter into this training program. Your participation is voluntary and you knowingly assume these risks mentioned above.

**Novice program – use this if you are new to running.**

#### Rest on Mondays and Fridays

Wk	Tue	Wed	Thur	Sat or Sun Rest on other day
1				5 parkrun – RACE pace
2	4	40 min cross train	4	7
3	3	Rest	4	8
4	3	50 min cross train	4	9
5	4	50 min cross train	3	10km Race
6	5	60 min cross train	4	7
7	4	Rest	5	9
8	4	Rest	4	10km Race

## Intermediate Training program #1

Rest on Mondays and Fridays

Wk	Mon	Tue	Wed	Thu	Sat	Sun
1	Rest or strength	4	Rest or 30 min cross	3	5km easy run or 40 min cross	5
2	Rest or strength	4	Rest or 30 min cross	3	Rest	7
3	Rest or strength	4	Rest or 35 min cross	3	5km easy run or 50 min cross	8
4	Rest or strength	5	Rest or 35 min cross	3	5km easy run or 50 min cross	6.5
5	Rest or strength	5	Rest or 40 min cross	3	5km easy run or 60 min cross	10km Race
6	Rest or strength	5	Rest or 40 min cross	3	5km parkrun – RACE Pace	8
7	Rest or strength	5	Rest or 45 min cross	3	5km easy run or 60 min cross	9
8	Rest or strength	5	Rest or 30 min cross	3	REST	10km Race

## Intermediate Training program #2

Rest on Mondays, Fridays and Saturdays OR Sundays.

Wk	Mon	Tue	Wed	Thur	Sat or Sun - Rest on other day
1	Rest or 30 min cross train	10x400m	Rest or 30 min cross	24min. run/walk	5 parkrun – RACE pace
2	Rest or 30 min cross train	11x400m	Rest or 30 min cross	28min. run/walk	8
3	Rest or 30 min cross train	12x400m	Rest or 35 min cross	28min. run/walk	9
4	Rest or 30 min cross train	12x400m	Rest or 35 min cross	30min. run/walk	10.5
5	Rest or 30 min cross train	14x400m	Rest or 40 min cross	30min. run/walk	10km Race
6	Rest or 30 min cross train	15x400m	Rest or 40 min cross	32min. run/walk	5 parkrun – RACE Pace
7	Rest or 30 min cross train	16x400m	Rest or 45 min cross	32min. run/walk	14
8	Rest	7x400m	Rest or 30 min cross	20min. run/walk	10km Race