



Sheffield

Therapy
Centre

INTERMEDIATE 10K RUNNING PLAN

Are you are looking for a challenge?

Running your first 10k?

Want to improve your previous 10k time?

This program follows an 8 week cycle leading up to a 10k race with a 'build' phase which ends in your training tapering off to enable you to feel fresh and ready to run your best time come race day.

Intermediate 10K 8-Week Training Program

Crossing-training (CT): This gives your joints and muscles used for running a bit of a break, while you are still able to maintain or even improve you cardio vascular fitness. Do 60 minutes of cycling, swimming, rowing another activity you might enjoy.

Tempo Run: Start your run with 5 to 10 minutes of easy running, then continue with 15 to 20 minutes of running near your 10K pace (but not at race pace). Finish with 5 to 10 minutes of cooling down. If you're not sure what your 10K pace is, run at a pace that feels "comfortably hard,"

Interval workouts (IW): After a warm-up, run 400 meters (one lap around most tracks) hard, and then recover by jogging or walking 400 meters. So when the schedule says, 4 x 400, that would mean four hard 400s, with a 400 meter recovery in between. Pace should be quicker than you 10k pace

Rest: Self explanatory! Chill out.

Saturday long runs: Maintain a comfortable pace

Sundays: This is an active recovery day. Your run should be at an easy (EZ), comfortable pace, which helps loosen up your muscles.

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