

EXAMPLE TRAINING PROGRAMMES

BEGINNER 10KM

PURDUE
PERFORMANCE 
running for you

[LTB]


TRAINING PLAN FOCUS

The aim with this particular training plan is to take a client that does a small amount of running or a client that has run their 5km and wants to add some extra volume and push their fitness to running 10km.

KEY POINTS

The biggest focus for all clients when starting any training plan is to look long term and focus on consistency with their running and weeks training. For this particular plan the goal is running x3 per week, it is totally ok for the client to change the days to suit their lifestyle, but it is advised they have at least one rest day between running day.

As the runs get longer in volume your client might find the first few longer weekend runs tough mentally and physically, it is giving them confidence that this is ok and very normal. What tends to happen is after the first few longer runs the volume feels easier and their confidence improves.

It is very important when a client is starting their first training plan to reassure them that running pace is individual to them and not to worry about others. All the runs in this training plan should be kept relaxed, with the main focus being on the progression and time on their feet.

Don't be afraid to repeat a week with your client if you feel they need the extra week before progressing in running volume. It is ok for the programme to be 9 weeks. However, this can also work the other way if you see a client progressing very easily. We advise only cutting the weeks by 1 so the programme would be 7 weeks fastest.

WEEK 1

	Training	Key Notes
Monday	20min Relaxed Paced Run + 10min stretching	Starting the week with a relaxed 20min, the goal is keeping the pace easy and enjoying a 4km easy run. Will then build to a longer run over the weekend.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	20min Relaxed Paced Run + 10min stretching	Repeating the Monday easy 20min run today. Have a good run again, like all the easy runs try to run to feel and stay relaxed.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	30min Relaxed Paced Run + 10min stretching	Building the endurance a little with a controlled 30min easy run today. Try to run to feel today with NO focus on needing to run fast, time on your feet is the goal and banking the volume.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 2

	Training	Key Notes
Monday	25min Relaxed Paced Run 2min walking 10min Relaxed Paced Run + 10min stretching	Building some endurance and volume today with a progression to 35min in running. The key for the week is to then run 35min straight through by Sunday.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	25min Relaxed Paced Run + 10min stretching	Nothing too fancy today for the mid-week easy run, aiming to run relaxed in pace and bank 25min volume. Can then focus on a longer run Sunday
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	35min Relaxed Paced Run + 10min stretching	Finishing the week off with a longer endurance run of 35min straight through. Looking to stick to a flat running route if you can as this will help make the run more manageable.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 3

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Aiming this week to run a bigger volume of milage with x3 straight through runs from 30min – 38min. Key things to focus on are running relaxed and not too fast and also picking good running routes.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min Relaxed Paced Run + 10min stretching	Repeat of Monday's 30min controlled milage run. Have a good run and enjoy running some controlled miles.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	38min Relaxed Paced Run + 10min stretching	Longest run of the programme so far, making sure to stay relaxed and not over progressing the extra volume. Have confidence you can run the 38min no issues.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 4

	Training	Key Notes
Monday	25min Relaxed Paced Run + 10min stretching	Dropping the volume to 25min to start the week as legs may be tired from last week's 38min run. This will allow you to still run but also give you chance to recover a little and then focus on building back to 40min on Sunday.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min Relaxed Paced Run + 10min stretching	Mid-week controlled 30min easy run. By now 30min runs should start to feel more and more relaxed as you get used to the volume.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	40min Relaxed Paced Run + 10min stretching	Endurance run focus today of 40min. Like all the long runs please have the running loop planned. It's key you make sure the start of your run is relaxed in pace, this will help you feel strong towards the end of 40min.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 5

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Nothing too fancy to start the week, aiming to head out and enjoy a controlled 30min run. There will then be full focus towards running 45min over the weekend.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	20min Relaxed Paced Run + 10min stretching	Dropping the volume today to 20min to give the body and mind a refresh ahead of the weekend's 45min run. It is important not to always increase the running volume every day. Even though the volume is less, please still keep the pace easy.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	45min Relaxed Paced Run + 10min stretching	Like last Saturday, the focus this weekend is pushing volume and running the longest run of the programme so far.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 6

	Training	Key Notes
Monday	20min Relaxed Paced Run + 10min stretching	The goal for the week is progressing runs from 20min – 45min. No volume increases over the weekend until next week. Legs may be tired today from the 45min run last weekend but that is ok, running on tired legs gives good muscle adaptation.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	35min Relaxed Paced Run + 10min stretching	Have a good endurance 35min run today, focusing on relaxed form.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	45min Relaxed Paced Run + 10min stretching	Nothing new this weekend, heading out and repeating last weekend's 45min, this 2nd 45min run will then set you up well for the next two weeks of volume progression.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 7

	Training	Key Notes
Monday	25min Relaxed Paced Run + 10min stretching	Routine relaxed first run of the week. Make sure to have a good stretch post run as this will help aid recovery ahead of the run later in the week.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	40min Relaxed Paced Run + 10min stretching	Longest mid-week run today of 40min. It is important to keep the pace easy, so you can run the volume but then still feel fresh for the longer run over the weekend.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	52min Relaxed Paced Run + 10min stretching	Pushing the volume up to 52min this weekend for the run. Making sure to keep relaxed and not over think the distance, you have done all the training and you're ready for this.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 8

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Its 10km / 60min run week 😊 The key for the two runs in the week is to keep the pace nice and relaxed, this will then give you a great platform for the weekend longer run.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	20min Relaxed Paced Run + 10min stretching	Sticking to 20min and ensuring to run easy in pace, ready to rock over the weekend with your 10k/60min.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	10KM Relaxed Paced Run (60min) + 10min stretching	Ready to rock today with your 10km / 60min run. Have a good run and enjoy it, you have done all the hard work so be proud. YOU GOT IT
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.