

EXAMPLE TRAINING PROGRAMMES

INTERMEDIATE 10KM

**PURDUE
PERFORMANCE** 
running for you

[LTB]


TRAINING PLAN FOCUS

The goal for this particular programme is to take your client, who has a good base of running, to a more specific time targeted programme for 10km. This programme can be adjusted to suit the client's specific time goal. You can use the structure of the programme but change and amend the target running paces in their sessions to suit.

KEY POINTS

The balance of this particular programme is having your client build endurance and also some key speed endurance. This training mix / method is extremely beneficial for pushing 10km fitness.

With most of the speed endurance (shorter sessions) in this plan the focus is to try and have your client run at goal 10km pace or slightly faster. This will help push fitness, get them used to the race pace and also help build their confidence. The longer easy endurance runs are focused on running relaxed at an easy pace, this allows the client to build endurance and strength.

If on some weeks your client has to miss an easy run due to commitments, let them know this is totally ok. The key runs to try and keep in each week are the interval session and weekend long run. Again, with this programme if you feel you need to repeat a training week, and it fits in with the time scale of a race or target run, then that is also ok. Some athletes can take 6 weeks others may need 8 weeks.

During the recoveries on each interval session your client can either easy walk or easy jog depending on what they feel most comfortable with. The key is just recovering as much as they can ahead of the next interval.

WEEK 1

	Training	Key Notes
Monday	4 Mile Relaxed Monday Run + 10min easy stretching	First week of the plan 😊 Aiming to keep your run relaxed today with an easy 4 miles. You can then focus on a harder session Wednesday.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x10sec strides (walk back recovery) 3x1mile – 2min recovery 4min recovery 1mile Easy Warm Down	The goal for the session today is to run some good endurance at 10km goal pace. Aiming to run the 3x1mile as consistently as possible. If you can stick to a flat running route that will help make maintaining pace feel easier. Looking to run at 8min mile pace for the intervals. Please keep your warmup and warm down easy in pace.
Thursday	3 Mile Recovery Run + 10min easy stretching	Keeping your run easy today, legs will be feeling tired from the session yesterday. The easy run will help aid recovery.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	8 Mile Easy Long Run + 10min stretching	Finishing the week off with a relaxed 8-mile-long run. Legs will be feeling tired from the session in the week so please ensure your pace is easy today.
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	5 Mile Relaxed Monday Run + 10min easy stretching	Upping the volume a little today to 5 miles, focusing on keeping your pace relaxed still please. Easy mileage day.
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 Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x10sec strides (walk back recovery) 1x5min 2min recovery 5x1min – 90sec recovery 3min recovery 1x5min 2min recovery 5x1min – 90sec recovery 3min recovery 1mile Easy Warm Down	Looking to run a strong 20min volume speed endurance session with some good pace variations. The goal is to run the 5min intervals at 10km pace – 8min mile pace, but then in a controlled way focus on upping your pace and running faster, around 7:30min mile, on the 1min intervals. It is important however, on the first set of 5x1min, not to run too fast. Pushing these too fast would then make the rest of the session too hard. A very good session for helping push fitness today.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	8 Mile Easy Long Run + 10min stretching	Sticking to the same plan as last week for the easy, longer run this week. Have a good run and please focus on easy miles and time on your feet.
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	4 Mile Easy Monday Run + 10min stretching	A routine easy Monday run today, focusing on keeping your pace nice and relaxed. You can then run some good volume later this week.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	Speed Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x15sec strides (walk back recovery) 5x 1km – 2min recovery 4min recovery 1mile Easy Warm Down	A very good staple speed endurance session today of 5x1km. The goal for the session is to try and run the 5x1km at a slightly faster than race 10km pace. Looking to run around 7:50min mile would be a great session for a 50min aim 10km. It is important on the first x2 1km to control your pace and make sure they are not too fast. Please run the 1kms on a flat running route if possible.
Thursday	3 Mile Recovery Run + 10min stretching	Keeping your run easy today, legs will be feeling tired from the session yesterday. The easy run will help aid recovery.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	8 Mile Easy Long Run + 10min stretching	Nothing too fancy today, finishing the week off with a controlled 8 mile, longer run. Will then look to increase the running volume next Saturday.
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	5 Mile Easy Paced Monday Run + 10min stretching	Happy for this week to start with a relaxed 5 miles. Aiming to stick to x3 running days this week but getting some good volume and quality in.
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	Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x10sec strides (walk back recovery) 2 Mile Tempo 4min recovery 2 Mile Tempo 4min recovery 1mile Easy Warm Down	Upping the volume to 2x2miles for today's tempo-based interval session. Tempo running is where you can run longer intervals in your endurance training zone, your tempo pace will be a little slower than 10km focus pace. As an example, if your 10km pace is 8min mile, tempo running pace will be more around 8:30min mile. For today make sure to run the first 2 miles a little more controlled, you can then up your pace just a little on the 2 nd 2 miles if feeling ok.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	9 Mile Easy Endurance Run + 10min stretching	Building endurance a little this weekend by pushing the long run up to 9 miles. However, please focus on keeping the pace easy as legs will be tired still.
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	4 Mile Easy Paced Monday Run + 10min stretching	Starting the training week with a very controlled 4-mile easy run. Have a good run today and please focus on relaxed pace.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	Time Based Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x10sec strides (walk back recovery) 4x3min – 90sec recovery 4min recovery 4x2min – 90sec recovery 4min recovery 1mile Easy Warm Down	A faster based speed endurance session today with a good volume to the session too. The goal running pace is to run 10km goal pace on the 3min intervals -8min mile and then see if you can up your pace and run the 2mins faster than race pace around 7:40min mile. On the 2min intervals try not to start too fast, it's better to run the first 60sec strong but then be able to push faster and run the last 60sec faster. This method stops you starting too fast.
Thursday	3 Mile Recovery Run + 10min stretching	Keeping your run easy today, legs will be feeling tired from the session yesterday. The easy run will help aid recovery.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	7 Mile Easy Long Run + 10min stretching	Cutting back off the long run volume a little so you can focus on feeling as fresh as possible for the 10km run next weekend.
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	4 Mile Relaxed Monday Run + 10min stretching	The goal for this week is to tick over with some easy runs leaving you feeling good for the harder 10km over the weekend. Please keep all your runs relaxed this 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	4 Mile Easy Thursday Run + 10min stretching	Tapering off the volume a little today with a very relaxed 4 miles. All the hard work is done, so time to freshen up for the hard 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	10km RACE GOOD LUCK	Great work over the last 6 weeks, you are more than ready to push a very good 5km. Enjoy today and be confident. As a guide, try to judge your pace at the start and not run the first 5km too fast, very easy come race day to start too fast. Aiming for 8min mile pace. If you see 7:55 or even 8:05km pace that is ok too. GOOD LUCK
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.