

10KM Training Plan

Blue Nose Marathon



This 10KM Training Plan is aimed at novice or intermediate runners. It includes easy runs, long runs and a run workout prescribed in minutes. The paces for the runs are based on effort using a scale of 1-10/10. There is guidance included on how to make this training plan more advanced.

Week	Monday	Tuesday	Workout Wednesday	Thursday	Friday	Weekend	Weekly Total
1		5KM easy pace	5KM easy pace	5KM easy pace		6KM easy pace	21KM
2		5KM easy pace	4 x [3 min. threshold pace intervals w/ 1 min. jog/walk recoveries] - 8KM total	5KM easy pace		8KM easy pace	26KM
3		6KM easy pace	4 x [2 min. hills w/ walk down recoveries] - 8KM total	6KM easy pace		10KM easy pace	30KM
4		5KM easy pace	9 min. at threshold pace, 2 min. jog/walk rest then 7 min. at threshold pace – 7KM total	5KM easy pace		7KM easy pace	Down Week: 24KM
5		5KM easy pace	6 x [2 min. hills w/ walk down recoveries] – 10KM total	5KM easy pace	5KM easy pace	12KM easy pace	37KM
6		6KM easy pace	8 x [2 min. fast intervals w/ 2 min. easy jog/walk recoveries] – 10KM total	6KM easy pace	5KM easy pace	14KM easy pace	41KM
7		6KM easy pace	5 min. – 7 min. – 5 min. at threshold pace, all w/ 1 min. jog/walk recoveries – 11KM total	6KM easy pace	5KM easy pace	16KM easy pace	44KM
8		6KM easy pace	4 x [5 min. fast intervals w/ 5 min. jogs] – 11KM total	6KM easy pace		10KM easy pace	Down Week: 33KM
9		8KM easy pace	2 sets of [8 min. threshold pace, 2 min. jog/walk, 3 x 2 min. hills w/ walk down recoveries] – 13KM total	8KM easy pace	5KM easy pace	10KM easy pace	44KM
10		5KM easy pace	5 x [2 min. fast intervals w/ 1 min. jog in between] 6KM total	5KM easy pace		Blue Nose 10KM!	

A few training plan notes:

Days of the week: This plan begins as a 4-days-per-week plan and then grows to a 5-days-per-week plan. It includes easy paced runs, a weekly "workout" and a "longer run." Many training programs are set up this way for a few reasons: it applies a varied training stimulus to your body and it also helps prevent boredom. You can schedule your runs for whatever day of the week works best for you. Flexibility is important. Do try to space the "Workout Wednesday" run and the weekend long run by at least 2 days.

Build and Step-back Weeks: This plan features 3 weeks of build and 1 week called a step-back or down-week where the total mileage is reduced to allow for recovery

Walk breaks: If you are currently using walk breaks, you could aim to extend your period of running by 1 minute per week. For example, if you are running 8 minutes and walking 1 minute on week 1, your goal could be to run 9 minutes and walk 1 minute during week 2 and so on.

Easy Pace: Your easy runs are probably at about 50-60% of your max effort. On an effort scale, that would be 5-6/10 where 10 is the most effort possible. Below 5/10 would be walking. You could comfortably carry on a conversation at this pace. If you find yourself gasping for words, that's a good sign that you can slow down to achieve your easy pace.

Workout Wednesday: This training plan has one day per week with a quality session or a speed workout (these mean the same thing). It's scheduled for Wednesday but it doesn't need to happen on a Wednesday. It should be spaced from your weekend long run by 2 days. These are fun! Use the instructions to have fun and enjoy seeing what your body can do.

Warm Up and Cool Down: All **Workout Wednesdays** begin with 10 minutes of easy running for a warm-up, noted as "w/u." This is followed by the "workout": the intervals of faster running or hill running intervals. These workouts always end with 10 minutes of cool down running, noted as "c/d." It's ok to do some walking during cool down.

"Threshold Pace" is used for some of your workouts. The effort for threshold pace will be 7 to 8/10 on an effort scale where 10/10 is the most effort possible. Threshold pace is the pace that you could run at for about an hour. If you find yourself running as fast as possible, that's close to 10/10 effort, back it off to 8/10. There are periods of jogging or walking in between intervals. It's ok to walk these rest periods.

"Fast Interval Pace": the effort for "fast interval" pace will be 9/10 on an effort scale where 10/10 is as hard as possible. Again, if you find yourself running as fast as possible, try to dial it back a notch.

Hills: for the days that workout includes hills, find a hill that will take you about 2 minutes to run up. Walk back down. Repeat. When you are running up the hill, try to keep your eyes up and drive your elbows back to help your body climb the hill.

Can I make this schedule more advanced? Sure, if you want to make the schedule more advanced, add either 2 to 3 kilometers across the board to all the runs. On Workout Wednesday, add the extra kilometers to the warm-up/cool-down and keep the workout portion as planned.

I need a schedule even more advanced than this: Setting a Personal Best is exciting, we hear you! Please email us at admin@blunosemarathon.com and we would be happy to recommend some coaching options for you.