

10k SCHEDULE Six Week Training Programme

Devised by Jane Wake

Congratulations on embarking on this 6 week training programme for a 10k Run! Whether you have run many before, or this is your very first time, the following schedules will enable you to complete your next race with great success. For this guide you do need to be at a level where you are already running a minimum of 20 minutes, 3 x week. If you are not, check out our 5K guide and follow this first. Before you start it is essential that you read our Runners Guide. This will explain all the details on the schedules below plus give you some very important advice to ensure your training remains effective, safe and on schedule.

Which schedule to follow?

Beginners: If you have never run a 5k or 10k distance before our Beginners running guide is designed just for you. The program will start with short runs and longer walk/runs building up to being able to run for 10k in 6 weeks.

Intermediate: The intermediate programme is ideal for you if you are already running 5k comfortably but need guidance on what to do to ensure you are capable of comfortably completing a 10K.

Advanced: If you are a seasoned 10k racer the schedule for Advanced running (sub 50 Min) guide will really help you speed up your times and help you achieve perhaps a new PB (personal best). If you already run a sub 50min 10K easily then still use the Sub 50 guide but record quicker times for your longer runs.

Actual: Use the 'Actual' schedule, to fill in what you do each week. This not only ensures you are doing the right amount of training, but also acts as a motivator to keep you going (carry your schedule in a convenient places or pin it up on your wall or fridge).

You can follow either one of the schedules or try training, somewhere in between but keep checking what you do against the three different programmes.

N.B. The following training schedules are designed for healthy adults. It is advisable for anyone embarking on this programme to check with their GP first. ActionAid works with Jane Wake to offer guidance to enhance your running but we cannot be held responsible for any injuries you may have as a result of following this advice.

The day's indicated are meant as a guide. Swap them around to fit into your schedule, making sure however that you have a rest day before your long run and easy workouts or rests after more intense sessions. Assume all sessions are running sessions, unless indicated otherwise.

WEEK 1: Week commencing _____

	Beginners - from walking to running , 10k guide	Intermediates - Virgin 10K Runner's Fool Proof Guide	Advanced (sub 50min) – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest	Rest	
TUE	20 min run mod (*4)	20 min run, moderate (*3/4)	25 mins hard (6/7*)	
WED	Rest	Rest	Easy run 35 mins (3*)	
THU	25 min run easy (*3)	25 mins mod (*4/5)	Rest	
FRI	Rest	20 mins easy (*3)	25 mins mod (4/5*)	
SAT	Rest	Rest	Rest	
SUN	40 min long run/walk (*2/3) walk briskly for 5 minutes then start into a gentle run. Run for 25 minutes and then finish with a fast walk for a further 10 minutes.	35 mins long run or 4 – 5 k (*3-5)	40 min long run or 7 - 8k (3 – 5*) , find your km/pace on this run through GPS or using a measured km.	

*this is your intensity rating - see runners guide for explanation

WEEK 2: Week commencing _____

	Beginners - from walking to running , 10k guide	Intermediates - Virgin 10K Runner's Fool Proof Guide	Advanced (sub 50min) – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest	Rest or X-train and stretch	
TUE	25 min run moderate (*)	25 min run, moderate (*3/4)	25 mins fartlek or hills (6/7*)	
WED	Rest	Rest	Easy run 40 mins (3*)	
THU	25 min run easy (*3)	30 mins mod (*4/5)	Rest	
FRI	Rest or x – train	25 mins easy (*3)	30 mins mod (4/5*)	
SAT	Rest	Rest	Rest	
SUN	40 min long run/walk (*2/3) walk briskly for 5 minutes then start into a gentle run. Run for 30 minutes and then finish with a fast walk for a further 5 minutes.	40 mins long run or 5 – 6 k (*3-5)	45 min long run or 8 - 9k (4 – 6*). Check your pace and record your average mins/km. Your aim is to improve on last week's average.	

WEEK 3: Week commencing _____

	Beginners - from walking to running , 10k guide	Intermediates - Virgin 10K Runner's Fool Proof Guide	Advanced (sub 50min) – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest	Rest or X-train and stretch	
TUE	30 min run mod-hard (4 - 5*)	25 min run, hard (*5/6)	30 mins fartlek increase your speed (7/8*)	
WED	Rest	Rest	Easy run 45 mins (3*) 6 – 8k	
THU	35 minutes mod (*3/4)	35 mins mod (*4/5)	Rest	
FRI	20 min run easy(*2/3)	25 mins easy (*3)	30 mins mod (4/5*)	
SAT	Rest	Rest	Rest	
SUN	45 min long run/walk (*3-4) Walk briskly for 5 minutes then start into a gentle run. Run for 38 minutes and then finish with a fast walk for a further 2 minutes.	45 mins long run or 6 – 8k (*3-5)	40 min long run or 7 - 8k (4 – 6*) , use the same route as week 1 and aim to take at least 45 seconds off your time.	

WEEK 4: Week commencing _____

	Beginners - from walking to running , 10k guide	Intermediates - Virgin 10K Runner's Fool Proof Guide	Advanced (sub 50min) – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest or x-train/core strength and stretch	Rest or X-train core strength and stretch	
TUE	30 min run mod-hard (4 - 5*)	25 mins fartleks or hills (*5/6)	25 mins fartlek or hills (7/8*)	
WED	Rest	Rest	Easy run 35 mins and stretch (3*) (4 – 5k)	
THU	35 minutes mod (*3/4)	40 mins mod or 6 – 7k (*4/5)	Rest	
FRI	20 min run easy(*2/3)	25 mins easy (*3)	30 mins moderate (4/5*)	
SAT	Rest	Rest	Rest	
SUN	50 min long run/walk (*3-4) Walk briskly for 5 minutes then start into a gentle run. Run for 40 minutes and then finish with a fast walk for a further 5 minutes.	50 - 55 mins long run or 8 – 9k (*3-5)	10 - 12k (4 - 6*), record your time and average pace.	

WEEK 5: Week commencing _____

	Beginners - from walking to running , 10k guide	Intermediates - Virgin 10K Runner's Fool Proof Guide	Advanced (sub 50min) – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest	Rest or x-train/core strength and stretch	Rest or X-train core strength and stretch	
TUE	30 min run hard (5-6*)	25 mins fartleks or hills (*6/7)	30 mins fartlek (7/8*) increase your speed	
WED	Rest	Rest	Easy run 35 mins and stretch (3*) (4 – 5k)	
THU	40 minutes mod (*3/4)	45 mins mod or 7 – 8k (*4/5)	Rest	
FRI	20 min run easy(*2/3)	25 mins easy (*3)	30 mins mod (4/5*)	
SAT	Rest	Rest	Rest	
SUN	60 min long run/walk (*3-4) Walk briskly for 5 minutes then start into a gentle run. Run for at least 45 minutes and then finish with a fast walk	55 - 60 mins long run or 9 – 10k (*3-5)	10k in around or under 50 minutes (4 – 6*), record your time and average pace.	

WEEK 6: Week commencing _____

	Beginners - from walking to running , 10k guide	Intermediates - Virgin 10K Runner's Fool Proof Guide	Advanced (sub 50min) – Go faster, get stronger guide.	ACTUAL – what I've done
MON	Rest or x-train/core strength and stretch	Rest or x-train/core strength and stretch	Rest or X-train core strength and stretch	
TUE	30 min run mod (3 - 4*)	25 mins easy-mod (*3-4)	35 minutes moderate (*4)	
WED	Rest	Rest	Rest	
THU	25 minutes easy (*3/4)	35 mins easy or 5 – 7k (*3)	35 mins easy and stretch (*3)	
FRI	Easy (*2/3)	Rest or x- train gently and stretch	Rest or x-train gently and stretch	
SAT	Rest	Rest	Rest and plan you race, work out your pace per each km. Check race course details such as hills and start positions.	
SUN	RACE!! Start at a run but go dead slow, don't be tempted to rush of, stay steady and you will run all the way!	RACE!! Don't rush off at the start, go steady and you will finish strongly!	RACE!! Make sure you are in the right start position for your pace. Stick to your pace schedule and only speed up in the last km if you can.	