

Mic Morris Torfaen 10km Training Plan

Week 1	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	15 min walk/jog	30 min run	45 min run	30 min run – last 10 mins at marathon pace
Monday	Rest	Rest	Rest	45 min run
Tuesday	15 min walk/jog	30 min run	45 min run	8 x 2 mins at 10k pace with 2 min jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at 10k pace	45 min run
Thursday	15 mins walk/jog	30 min run	60 min run	90 mins run
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins walk/jog	Circuits of a park, alternating 1 min at faster pace /1 min at slower pace x 10 each	Circuits of a park, alternating 1 min at faster pace /1 min at slower pace x 10 each	AM – 30 mins easy PM - Circuits of a park, alternating 1 min at faster pace /1 min at slower pace x 10 each
Training Objective	Getting over inhibitions, and mental preparation for a regular training pattern. The amount of running is irrelevant, its more about 'getting out there'	Getting time on feet, and the start of gradual building up of training	Getting time on feet, and the start of gradual building up of training. Beginning generating the pace necessary to run at 7 min/mile pace	Introduction of 10k pace training

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Week 2	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	15 min walk/jog	30 min run	45 min run	30 min run – last 10 mins at marathon pace
Monday	Rest	Rest	Rest	45 min run
Tuesday	15 min walk/jog	30 min run	45 min run	8 x 2 mins at 10k pace with 2 min jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at 10k pace	45 min run
Thursday	30 mins walk/jog	40 min run	60 min run	90 mins steady run
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins walk/jog	Circuits of a park, alternating 1 min at faster pace /1 min at slower pace x 10 each	Circuits of a park, alternating 1 min at faster pace /1 min at slower pace x 10 each	AM – 30 mins easy PM - Circuits of a park, alternating 1 min at faster pace /1 min at slower pace x 10 each
Training Objective	Same as week 1	Same as week 1	Same as week 1	Same as week 1

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Week 3	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	50 min walk/jog	60 mins steady run	90 mins steady run	90 mins steady
Monday	Rest	Rest	30 mins easy	AM- 30 mins easy PM- 45 mins easy
Tuesday	20 mins jog	45 mins easy	45 mins easy	4 x 1 mile efforts
Wednesday	Rest	Rest	Rest	60 mins run
Thursday	20 mins jog	45 mins easy	45 mins easy	AM – 30 mins easy PM – 45 mins easy
Friday	Rest	Rest	30 mins easy	30 min jog
Saturday	Run 1 min – walk 1 min recovery x 10	10 x 1 min up shallow hill – walk back down recovery	Rest	30 min jog
Training Objective	Starting to run short distances continuously	Development of the long run and some hill work to build strength in the legs	Develop long run and faster stretches within the normal steady pace run	Develop long run and faster stretches within the normal steady pace run

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Week 4	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	60 min walk/jog	75 mins steady run	5km race or time trial	5km race or time trial
Monday	Rest	Rest	30 mins easy	30 mins easy
Tuesday	20 mins easy	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery	6 x 1,000m at 5km pace – 3 mins recovery between each
Wednesday	Rest	Rest	30 mins easy	60 mins run
Thursday	20 mins jog	45 mins easy	45 mins easy	AM – 30 mins easy PM – 60 mins easy
Friday	Rest	Rest	Rest	Rest
Saturday	Run 1 min – walk 1 min recovery x 10	10 x 1 min up shallow hill – walk back down recovery	12 x 1 min up shallow hill – walk back down recovery	16 x 1 min up shallow hill – walk back down recovery
Training Objective	Gradually increasing time on feet. A mental strategy of run 5 mins/walk 1 min for the long run will help you get through 60 mins	Lengthening long run, the pace doesn't matter. Introduction of 'speed work' at race pace will accelerate fitness levels	Building the speed necessary to run a 10k with some efforts faster than 10k pace	Building the speed necessary to run a 10k with some efforts faster than 10k pace

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Week 5	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	75 min walk/jog	75 mins easy run	90 min steady run	90 min steady run
Monday	Rest	Rest	30 mins easy	AM- 30 mins easy PM – 45 min run
Tuesday	35 mins easy	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery	On fairly straight, uninterrupted route run 10 mins at 10k pace – 10 mins recovery – run 10 mins back to get past your starting point
Wednesday	Rest	Rest	60 mins easy	AM – 30 mins easy PM – 60 mins easy
Thursday	35 mins jog	60 mins easy	30 mins steady	AM – easy 30 mins PM – steady 30 mins followed by 10 x 200m sprints
Friday	Rest	Rest	Rest	Rest
Saturday	Run 1 min – walk 1 min recovery x 10	10 x 1 min up shallow hill – walk back down recovery	12 x 1 min up shallow hill – walk back down recovery	16 x 1 min up shallow hill – walk back down recovery
Training Objective	15 mins added to long run	Consolidation week, getting used to the balance between long run and speed work	Consolidation week, getting used to the balance between long run and speed work	Consolidation week, getting used to the balance between long run and speed work

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Week 6	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	75 min walk/jog	75 mins easy run	90 min steady run	90 min steady run
Monday	Rest	Rest	30 mins easy	AM- 30 mins easy PM – 45 min run
Tuesday	40 mins easy	Up the clock: 1 min fast/1 min slow 2 min fast/2 mins slow 3 mins fast/3 mins slow 4 mins fast/4 mins slow 5 mins fast	Up the clock: 1 min fast/1 min slow 2 min fast/2 mins slow 3 mins fast/3 mins slow 4 mins fast/4 mins slow 5 mins fast	Up and down the clock: 1 min fast/1 min slow 2 min fast/2 mins slow 3 mins fast/3 mins slow 4 mins fast/4 mins slow 5 mins fast/5 mins slow then 4, 3, 2, 1 back down
Wednesday	Rest	Rest	60 mins easy	AM – 30 mins easy PM – 60 mins easy
Thursday	35 mins jog	60 mins easy	30 mins steady	AM – easy 30 mins PM – steady 60 mins run
Friday	Rest	Rest	30 mins easy	30 mins easy
Saturday	10 x 1 min up shallow hill – walk back down recovery	12 x 1 min up shallow hill – walk back down recovery	Rest	Rest
Training Objective	Consolidation week, slight increase in mid-week runs	Development of ability to run faster than race pace and hold the pace for longer	Development of ability to run faster than race pace and hold the pace for longer	Developing strength and speed, and holding faster pace for longer

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Week 7	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	75 min walk/jog	75 mins run	75 min steady run	75 min steady run
Monday	Rest	Rest	30 mins easy	AM- 30 mins easy PM – 30 min easy
Tuesday	45 mins steady	10 mins warm up – 20 ins at 10k pace – 10 mins warm down	10 mins warm up – 20 ins at 10k pace – 10 mins warm down	3 sets of 4 x 300m at 3km pace with 100m jog between efforts – 3 mins standing recovery between sets
Wednesday	Rest	Rest	60 mins steady	AM- 30 mins easy PM – 30 min easy
Thursday	60 mins steady	60 mins steady	AM- 30 mins easy PM – 30 min easy	AM – easy 30 mins PM – steady 60 mins run
Friday	Rest	Rest	Rest	Rest
Saturday	10 x 1 min up shallow hill – walk back down recovery	12 x 1 min up shallow hill – walk back down recovery	15 x 1 min up shallow hill – walk back down recovery	20 x 1 min up shallow hill – walk back down recovery
Training Objective	Consolidation week, slgith increase in mid-week runs	Development of ability to run faster than race pace and hold the pace for longer	Development of ability to run faster than race pace and hold the pace for longer	Developing strength and speed, and holding faster pace for longer

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Week 8	Beginner	Sub 1Hr	Sub 45mins	Sub 30mins
Sunday	45 mins walk/jog	45 mins easy	45 mins easy	75 mins easy
Monday	Rest	Rest	30 mins easy	45 mins run
Tuesday	45 mins steady	10 mins warm up 10x 200m with 200m walk/jog recovery – 10 mins warm down	10 mins warm up 10x 200m with 200m walk/jog recovery – 10 mins warm down	10 mins warm up 10x 200m with 200m walk/jog recovery – 10 mins warm down
Wednesday	Rest	Rest	30 mins easy	30 mins easy
Thursday	20 mins easy	30 mins steady	30 mins steady	30 mins steady
Friday	20 mins easy	30 mins easy	30 mins easy	30 mins easy
Saturday	Rest	Rest	Rest	Rest
Training Objective	Taper down for race	Taper down for race	Taper down for race	Taper down for race