

challenging.events



Winchester 10K

Training Plan



Hey,

I'm Coach Ant the director of RunCamp and I'm the guy who has put together this document for you to help you finish the Winchester 10K. Its designed to be the follow on plan for someone who has recently completed a 5k (or used our Zero To Run Plan), I hope you enjoy it.

It will progress week by week and build up your fitness levels. All it needs from you is dedication, commitment and heaps of enthusiasm.

Want that extra motivation? Why not Tweet us or like our Facebook Page and keep us posted on how your sessions are going.

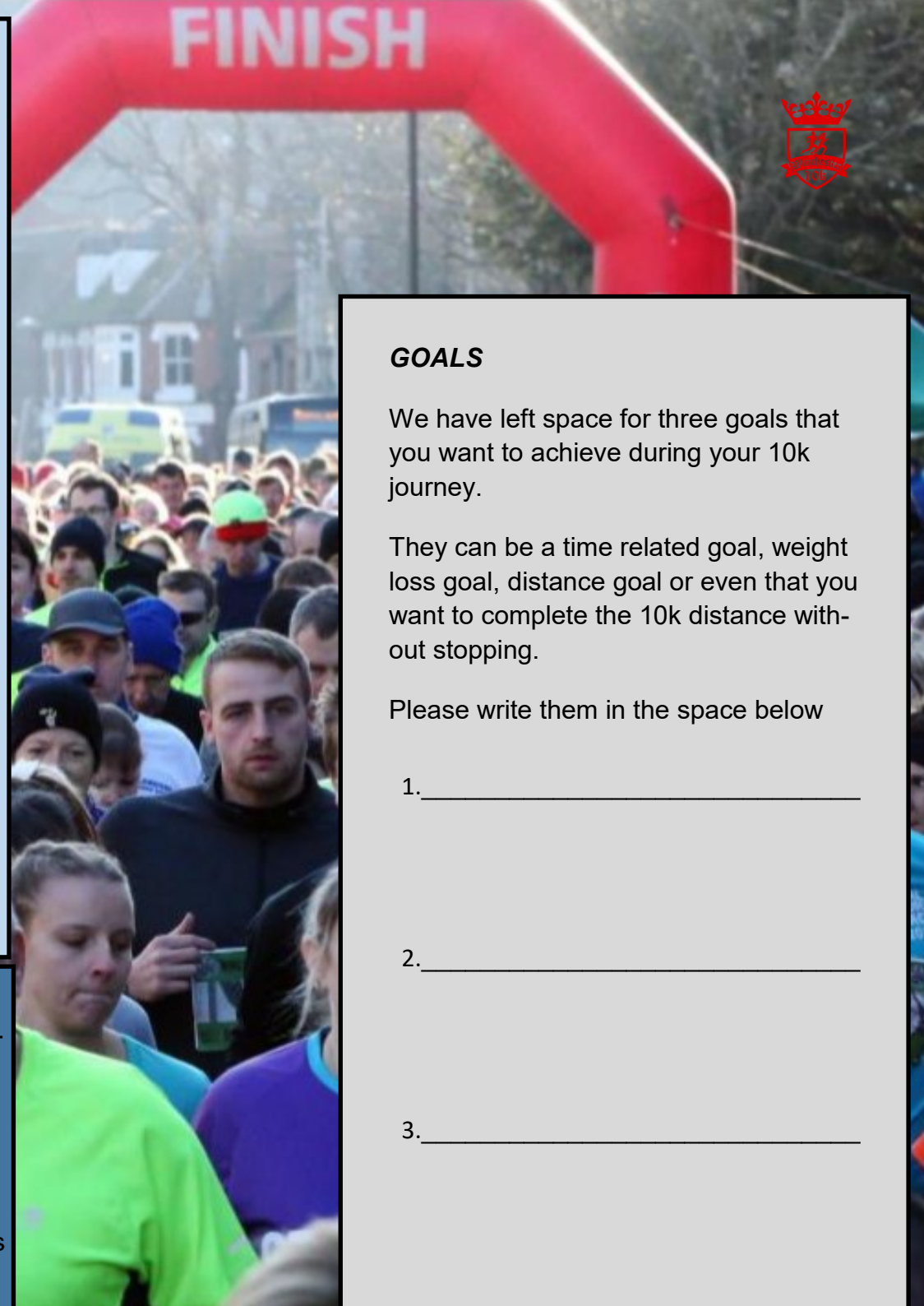
RunStrong, Coach Ant

Facebook page—challenging.events



This plan is designed to happen after completing your first 5k. If left too much longer you will risk injury by restarting, but give yourself at least one relaxing week after completing your 5k as a reward before starting this one - you deserve it!

If you have any questions at all about the program or want to get some more valuable advice then email coach@challenging.events and we will be happy to help.



GOALS

We have left space for three goals that you want to achieve during your 10k journey.

They can be a time related goal, weight loss goal, distance goal or even that you want to complete the 10k distance without stopping.

Please write them in the space below

1. _____

2. _____

3. _____

WEEK NO	MON	TUES	WED	THURS	FRI	SAT	SUN
10	Rest day	Jog for 5 minutes as a warm up. Then jog continuously for 30 minutes. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Then run at a fast but not maximal speed for 20 minutes. Ideally this session will be close to the speed you will aim for in your 10k. Walk for 5 minutes as a cool down.	Rest Day	Rest Day	Jog for 5 minutes as a warm up. Then jog for 40 minutes. Walk for 5 minutes as a cool down.
9	Rest day	Jog for 5 minutes as a warm up. Intervals: Run for 3 minutes and walk or jog for 3 minutes, Repeat four times in total. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Hills: find a hill which takes between 2 and 4 minutes to reach the top of. Aim to run up at a fast speed and jog down, repeat for 20 minutes. Walk for 5 minutes as a cool down.	Rest Day	Rest Day	Jog for 5 minutes as a warm up. Then jog for 45 minutes. Walk for 5 minutes as a cool down.
8	Rest day	Jog for 5 minutes as a warm up. Then jog continuously for 30 minutes. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Then run at a fast but not maximal speed for 20 minutes. Ideally this session will be close to the speed you will aim for in your 10k. Walk for 5 minutes as a cool down.	Rest day	Rest Day	Jog for 5 minutes as a warm up. Then jog for 50 minutes. Walk for 5 minutes as a cool down.
7	Rest day	Jog for 5 minutes as a warm up. Intervals: Run for 4 minutes and walk or jog for 3 minutes, Repeat four times in total. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Hills: find a hill which takes between 2 and 4 minutes to reach the top of. Aim to run up at a fast speed and jog down, repeat for 20 minutes. Walk for 5 minutes as a cool down.	Rest day	Rest day	Jog for 5 minutes as a warm up. Then jog for 30 minutes. Walk for 5 minutes as a cool down.
6	Rest day	Jog for 5 minutes as a warm up. Then jog continuously for 30 minutes. Walk for 5 minutes as a cool	Rest day	Jog for 5 minutes as a warm up. Then run at a fast but not maximal speed for 25 minutes. Ideally this session will be close to the speed you will aim for in your 10k. Walk for 5 minutes as a cool down.	Rest day	Rest day	Jog for 5 minutes as a warm up. Then jog for 50 minutes. Walk for 5 minutes as a cool down.



Switch up your Rest Days! Add some Yoga or Pilates to get strong! Youtube is a great place to find some videos. Throw in some swimming and cycling and you are on your way to an awesome 10K - remember to keep it easy though!

5	Rest day	Jog for 5 minutes as a warm up. Intervals: Run for 6 minutes and walk or jog for 3 minutes, Repeat four times in total. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Hills: find a hill which takes between 2 and 4 minutes to reach the top of. Aim to run up at a fast speed and jog down, repeat for 20 minutes. Walk for 5 minutes as a cool down.	Rest day	Rest day	Jog for 5 minutes as a warm up. Then jog for 55 minutes. Walk for 5 minutes as a cool down.
4	Rest day	Jog for 5 minutes as a warm up. Then jog continuously for 30 minutes. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Then run at a fast but not maximal speed for 25 minutes. Ideally this session will be close to the speed you will aim for in your 10k. Walk for 5 minutes as a cool down.	Rest day	Rest day	Jog for 5 minutes as a warm up. Then jog for 60 minutes. Walk for 5 minutes as a cool down.
3	Rest day	Jog for 5 minutes as a warm up. Intervals: Run for 2 minutes and walk or jog for 3 minutes, Repeat four times in total. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Hills: find a hill which takes between 2 and 4 minutes to reach the top of. Aim to run up at a fast speed and jog down, repeat for 20 minutes. Walk for 5 minutes as a cool down.	Rest day	Rest Day	Jog for 5 minutes as a warm up. Then jog for 40 minutes. Walk for 5 minutes as a cool down.
2	Rest day	Jog for 5 minutes as a warm up. Then jog continuously for 30 minutes. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Then run at a fast but not maximal speed for 30 minutes. Ideally this session will be close to the speed you will aim for in your 10k. Walk for 5 minutes as a cool down.	Rest day	Rest Day	Jog for 5 minutes as a warm up. Then jog for 25 minutes. Walk for 5 minutes as a cool down.
1	Rest day	Jog for 5 minutes as a warm up. Intervals: Run for 1 minutes and walk or jog for 3 minutes, Repeat four times in total. Walk for 5 minutes as a cool down.	Rest day	Jog for 5 minutes as a warm up. Then jog for 20 minutes at an easy speed. Walk for 5 minutes as a cool down.	Rest Day	Rest Day	Your 10k - a huge good luck from us! Have a great day - and remember to smile (you never know where those photographers are hiding...!)



goadsby
01962 869 667



Running Jargon

Warm Ups? Before each session we need to make sure that you are ready to get going. Your body needs to get warm and your heart rate needs to slowly raise. Starting too quickly can risk injury, so for this plan most of our warm ups will include a brisk walk.

Jog? This should be a comfortable speed, not sprinting, but quicker than walking (how much by is unique to you). Aim to finish the session like you could do more, pushing yourself too much will put you at risk of hurting yourself.

Walk Breaks? Between the jog sections is a walk, to begin with make this nice and easy and a chance to catch your breath. Once you are comfortable with this program then you can start to increase the speed of this walk.

Cool Down? Similar to a warm up but in reverse, we want to slowly bring your heart rate down and walking is perfect for this. A gentle walk and then finish the session with some stretches.

Stretching? You should be looking at stretching after EVERY session. Even if you just focus on your legs, this section is key to injury free running and stopping those legs feeling quite so tight after each run.

Tempo? A tempo run (usually 20-30 minutes long) in this plan appear on Thursdays every fortnight. In this run, the aim is to run at a speed similar to what you would target on the day of your event (don't worry if you haven't got a target yet). The main target for the run is to make it feel a bit quicker than your Sunday 'long run'.

Long Run? In this plan, we give our Sunday runs an official name. The long run. Pacing and speed is key for this one, and in my opinion slower is better. Ideally you should run at a speed you could hold a conversation at, it should feel easy (as easy as running could possibly feel!) the goal on the long run is to cover the distance, not get out of breath early on and struggle through.

Hill Run? Hill running sounds tortuous! Why would we include this!? Well in order to improve, we need to challenge you more, and hills

Tips for pacing your runs in this plan.

Your Sunday runs should be nice and easy, we call this a conversational pace. One where if someone was to talk to you mid run, you would be able to respond without too much difficulty. Don't head out the door and aim for speed, this is one factor a number of runners will get wrong. Take it easier especially at the start and you'll be thankful towards the end of your run. If you feel good in the second half, then take it up a notch

Tempo runs should be a bit quicker than your long run speed. Not at a maximum speed, but one that challenges you more. Everyone will be thinking they only have one speed at this point - and that is fine, I guarantee you don't, but learning how fast you can run and for how long is all part of the learning process of running.

Your interval pace will be slightly quicker again, ensure you still focus on having good running technique, upright posture and good breathing. This will be one of your hardest types of session, but if it gets too tough, then ease off a little. Consistency is key, and pushing yourself too much may result in injuries

As you step up through your running distances, the hardest part is gauging your running speed. Practise makes perfect and at you won't get the hang of it right away. You'll have runs that feel way harder than they should and others where you feel you could have pushed more. But learn from them, all running miles are what we call miles in the bank and will make you fitter and stronger.



challenging.events

