



10KM 10-WEEK TRAINING SCHEDULE

Suitable for both runners and walkers, this 10km schedule has been compiled by Coach John Bowden, the Out of Stadium Co-ordinator at Athletics New Zealand. John is not only a very experienced coach, he has also represented New Zealand in the 10,000m event at the 1986 Commonwealth Games.

This 10km training schedule is a guide, feel free to make minor modifications to suit you.

HOW MUCH DO YOU NEED TO TRAIN?

If you possess a good level of fitness (because of participation in other sports) you probably could run/walk 10km on very little training.

But if you've made the decision to run or walk a 10km race you might as well do it right!

Following is a ten-week training schedule to help get you to the finish line of your first 10km.

To participate in this 10km programme, you should have no major health problems, should be in reasonably good shape, and should have done at least some jogging or walking.

If running 1km for your first workout on Tuesday of the first week seems too difficult, you might want to begin by walking rather than running.

TRAINING TYPES

Stretch & Strengthen

Mondays are the days in which you can do some stretching along with some strength training. This is actually a day of rest following your long run/walk on Sundays. Do some easy stretching of your running/walking muscles.

This is good advice for any day, particularly after you finish your run/walk, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club.

Runners and walkers generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is advisable to do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for you.

Running/Walking workouts

Put one foot in front of the other and run/walk. It sounds pretty simple, and it is. Don't worry about how fast you run or walk; just cover the distance or approximately the distance suggested.

Ideally, you should be able to run/walk at a pace that allows you to converse comfortably while you do so. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run three days of the week: Tuesdays, Thursdays and Sundays, Sundays being a longer run/walk. (See below.)

Cross-Training

What form of cross-training works best for runners/walkers preparing for a 10km race? It could be swimming, or cycling, walking, or other forms of aerobic training, or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule.

What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running/walking you do the rest of the week.

Rest

The most important day in any running/walking programme is rest. Rest days are as important as training days. They give your muscles time to recover so you can run/walk again.

Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve.

In this programme, Friday is always scheduled as a day of rest to complement the easy workouts on Mondays.

Long Runs/Walks

The longest runs/walks of the schedule are planned for Sundays, since you probably have more time to do them on the weekends. If Sunday isn't a convenient day for your long runs/walks, you could choose any other day of the week that suits you.

What pace should you run/walk? Go slow. There is no advantage in going fast during your long runs/walks, even for experienced runners/walkers.



Credit: Alisha Lovrich Photography

PACE YOURSELF

Easy Pace

Run or walk at a pace where you can still chat and your breathing is slightly heavy.

Hard Pace

The pace that you can currently run/walk all kilometres of a 10km. breathing is starting to become laboured but sustainable for longer distances.

Goal 10KM Race Pace

The pace that you are training to be able to maintain for each kilometre of your upcoming 10km race.

Very Hard Pace

Pace that can only be held for 1.5km-2km if required. Breathing is laboured and leg muscles are being pushed. You need to concentrate to keep this pace.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Stretch & Strengthen	2km Hard pace	20 min crosstrain	2km + strength Easy pace	Rest	30 min crosstrain	4km Very hard pace
Week 2	Stretch & Strengthen	4km Hard pace	20 min crosstrain	2km + strength Easy pace	Rest	35 min crosstrain	6km Very hard pace
Week 3	Stretch & Strengthen	6km Hard pace	25 min crosstrain	4km + strength Very hard pace	Rest	35 min crosstrain	6km Easy pace
Week 4	Stretch & Strengthen	8km Hard pace	25 min crosstrain	4km + strength Very hard pace	Rest	40 min crosstrain	8km Easy pace
Week 5	Stretch & Strengthen	8km Hard pace	30 min crosstrain	6km + strength Very hard pace	Rest	40 min crosstrain	8km Easy pace
Week 6	Stretch & Strengthen	8km Hard pace	30 min crosstrain	6km + strength Very hard pace	Rest	40 min crosstrain	8km Easy pace
Week 7	Stretch & Strengthen	8km Hard pace	35 min crosstrain	6km + strength Very hard pace	Rest	50 min crosstrain	9km Easy pace
Week 8	Stretch & Strengthen	8km Hard pace	40 min crosstrain	6km + strength Very hard pace	Rest	60 min crosstrain	9km Easy pace
Week 9	Stretch & Strengthen	9km Easy pace	45 min crosstrain	6km Very hard pace	Rest	60 min crosstrain	10km Easy pace
Week 10	Stretch & Strengthen	7km Easy pace	30 min crosstrain	Rest	Rest	Race Day	Rest