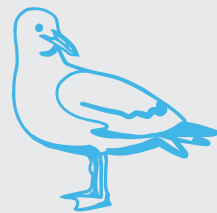


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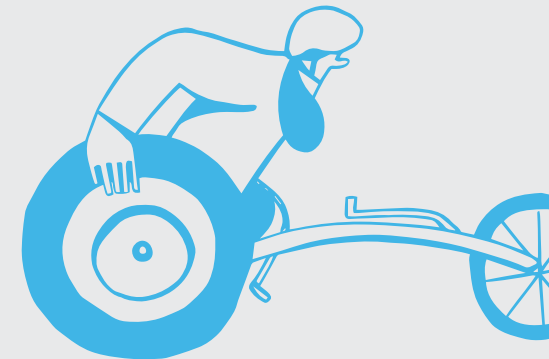


IMPROVER'S TRAINING PLAN

10K



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10K IMPROVER'S TRAINING PLAN

Week	Speedwork	The Tempo Run: Run tempo sections at an intensity where you can say 3-4 words max	Cross Training	The Long Run: Very easy pace, where you could hold a conversation while running
1	Intervals: 10 minute easy run to warm up; 6 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Tempo: 30 minutes easy run; 10 minutes at your 10k pace where you will feel slightly out of breath.	Cross Training	10k easy
2	Intervals: 10 minute easy run to warm up; 8 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Tempo: 30 minutes easy run; 15 minutes at your 10k pace where you will feel slightly out of breath.	Cross Training	12k easy
3	Intervals: 10 minute easy run to warm up; 6 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Tempo: 30 minutes easy run; 10 minutes at your 10k pace where you will feel slightly out of breath.	Cross Training	10k easy
4	Intervals: 10 minute easy run to warm up; 10 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Tempo: 30 minutes easy run; 15 minutes at your 10k pace where you will feel slightly out of breath.	Cross Training	14k easy
5	Intervals: 10 minute easy run to warm up; 12 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Tempo: 40 minutes easy run; 15 minutes at your 10k pace where you will feel slightly out of breath.	Cross Training	15k easy
6	Intervals: 10 minute easy run to warm up; 8 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Tempo: 30 minutes easy run; 10 minutes at your 10k pace where you will feel slightly out of breath.	Cross Training	10k: 7k at an easy pace; 3k at your 10k pace
7	Intervals: 10 minute easy run to warm up; 10 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Intervals: 10 minute easy run to warm up; 6 x (2 minutes at your 5k pace; 2 minutes recovery run); 10 minute cool down.	Cross Training	15k easy

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8	Intervals: 10 minute easy run to warm up; 8 x (90 seconds at faster than your 5k pace; 2.5 minutes recovery run); 10 minute cool down.	Intervals: 10 minute easy run to warm up; 7 x (2 minutes at your 5k pace; 2 minutes recovery run); 10 minute cool down.	Cross Training	12k: 8k at an easy pace; 4k at your 10k pace
9	Intervals: 10 minute easy run to warm up; 10 x (90 seconds at faster than your 5k pace; 2.5 minutes recovery run); 10 minute cool down.	Intervals: 10 minute easy run to warm up; 4 x (3 minutes at your 5k pace; 2 minutes recovery run); 10 minute cool down.	Cross Training	15k easy
10	Intervals: 10 minute easy run to warm up; 10 x (90 seconds at faster than your 5k pace; 2.5 minutes recovery run); 10 minute cool down.	Intervals: 10 minute easy run to warm up; 5 x (3 minutes at your 5k pace; 2 minutes recovery run); 10 minute cool down.	Cross Training	12k: 7k at an easy pace; 5k at your 10k pace
11	Intervals: 10 minute easy run to warm up; 8 x (1 minute at faster than your 5k pace; 2 minutes recovery run); 10 minute cool down.	Intervals: 10 minute easy run to warm up; 3 x (5 minutes at your 5k pace; 2 minutes recovery run); 10 minute cool down.	Cross Training	10k: 8k at an easy pace; 2k at your 10k pace
12	30 minutes: Very easy pace, where you could easily hold a conversation while running.	30 minutes: Very easy pace, where you could easily hold a conversation while running.	Cross Training	10 kilometres: 10 minute warm up then run your 10k distance or event. Let us know how you get on!

Please consult your GP before embarking on any new exercise programme. We recommend you stretch after exercise & consult us for advice and guidance. We recommend you take a rest day between each of the sessions.

TRAINING PLAN NOTES

We hope you find our plan simple to follow. As it's generic, you should be cautious and if in any doubt at all about how to structure your week based on the recommended sessions, ask us for help, by emailing alumni@sussex.ac.uk

Each plan contains colour coded sessions. You can fit these into your week however you wish but we would recommend not doing two hard sessions on consecutive days. You can run in between sessions if you wish, but keep your runs very easy.

WARM UPS

It's important to warm your muscles up before a run. The best way to do this is to start slowly and gradually get faster as you get warmer. We never advise stretching cold muscles, but dynamic movement based stretches and running drills can be useful in the middle of a warm up. Aim to have your heart rate or your breathing rate higher than normal by the end of your warm up, so that you are ready to start running.

COOL DOWNS AND STRETCHES

Cool downs are especially important after a hard session. Their aim is to bring down the heartrate again, so usually a slow run or a walk will achieve this within a few minutes. Once your heartrate is back to normal, it is important to stretch your main muscle groups, including, but not limited to, your hamstrings, calves, quadriceps, glutes, arms and shoulders. Please ask us for advice on stretching if you're not sure what you are doing.

TYPES OF SESSIONS AND THE TALK TEST:

● STRENGTH AND SPEED ENDURANCE/HILLS /INTERVALS (DARK BLUE)

These sessions are designed to help you vary your pace, and work around your lactate threshold (which is where you feel that uncomfortable burn. They will include either interval type sessions (running hard for a short time, followed by recovery) or hill repetitions, which help build strength and power. Usually, in our talk test, they are a Dark Blue session, but sometimes they're a light blue, at a slightly slower pace.

When running intervals, the most important thing is to do a sufficient warm up (see our tips further down the page) and focus on your running form rather than worry too much

about your pace. Run upright, leaning forward ever so slightly from the ankles, try to lift your knees as high as you can, and use your arms to drive your leg speed (cadence). Ideally run intervals on a softer surface than the pavement (such as a running track or a football field) to reduce impact on you and avoid tripping over uneven surfaces. If you don't like timing yourself, try a fartlek session instead, so find a football field and run one edge, recover for three for example, or find an even pavement with lampposts and run hard between a few lampposts then recover. Speed sessions can be fun. Do ask us if you need any more ideas – we love thinking these up!

With hill reps, it is important to find a hill that challenges you enough. There are various types of hill sessions, but the ones we have included in the training plans ask you to work hard uphill, and then recover with a walk or slow run back downhill to the start. Running uphill is great for practicing efficient running form. Lean into the hill slightly, make sure you are using your gluteal (bottom!) muscles effectively to move your legs, rather than just bouncing off your calves, shorten your stride, and use your arms to help you.

● TEMPO RUNS (YELLOW)

These are designed to help you run faster for longer, working at just above threshold, where breathing becomes a little bit more laboured. Usually you will be able to say 3-4 words during the tempo sections, but no more.

● LONG RUNS (BLUE)

These will always be done at a very easy pace, where you can talk in full sentences. Sometimes we may include some tempo sections in the improvers plans, but otherwise these should be run easily. Long runs form the basis of your half and marathon training, and the idea is to build your endurance, NOT your speed. Save your speed legs for the blue sessions, and don't wear yourself out on the long runs.

● EASY/RECOVERY RUNS (TURQUOISE)

These will always be done at a very easy pace, where you can talk in full sentences. The purpose of these miles are to recover after a hard session, or as base mileage (particularly when you are training for longer distance events) to support the longer runs, or sometimes towards a goal event we have

recommended easy runs the week before, just to keep your legs moving, without wearing you out too much.

● CROSS TRAINING (PINK)

Cross training is basically any exercise other than running. It's important to build variety into your week, so you don't get bored. Cross training also helps you use alternative muscles to those we work so hard when we're running, so is also vital to build strength overall and avoid injury. Choose your cross training activities wisely – popular ones are cycling, swimming, HIIT, yoga, pilates, walking, climbing, strength and conditioning. High impact activities such as football can be useful for your agility and fitness, but also beware of injuries in these sorts of sports if you're getting closer to a big running event.

TIPS

The important thing to remember about these training plans is that they are generic, so listen to your own body. If a certain week feels unachievable, either go back and repeat a few weeks, or reassess your goals and slow down a little, or try an easier plan. If you need any further advice or support then do get in touch by emailing alumni@sussex.ac.uk

If you have a busy week, and can't fit everything in, REALLY important ones are those most closely related to your goal event. If you're training for a marathon, don't skip the long runs. If you're training for a faster 10k, don't skip the speedwork. Always give yourself a couple more weeks of training than you think you'll need. If you're on holiday, don't forget to pack your running shoes because a holiday is no excuse for not running! Don't forget to get family members on board to help you achieve your goals; ask friend and family members to cycle with you as you do your long runs; harness up your dog and get him to help you with fartlek training (honestly, if there are squirrels about, this is GREAT fun). Remember to ask family and friends to support your fundraising efforts as well. Knowing that people have donated to you and our world-leading mental health research is hugely motivating!