



10K Training Schedule

This is for people currently able to run **2 or 3 miles** and is a 14-week programme. **Runners comfortably running 3 miles on a regular basis should pick the programme up in week 4.** Please note individualised training programmes are always recommended – but this generic programme may be a helpful guide. Please chat to a Fitmums & Friends Coach if needed.

Week commencing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles
Week 1	Interval Session 3 mile total Run/Walk	Rest	2 easy	Rest	Coached session or 2 easy	Rest	2 easy	9
Week 2	Interval Session 3 mile total Run/Walk	Rest	2 easy	Rest	Coached session or 2 easy	Rest	2 easy	9
Week 3	Interval Session 3 mile total Run/Walk	Rest	2 easy	Rest	Coached session or 2 easy	Rest	3 easy	10
Week 4	Interval Session 3 mile total Run/Walk	Rest	3 easy	Rest	Coached session or 2 easy	Rest	3 easy	11
Week 5	Interval Session 4 mile total Run/Walk	Rest	3 easy	Rest	Coached session or 2 easy	Rest	3 easy	12
Week 6	Interval Session 4 mile total	Rest	3 easy	Rest	Coached session or 2 easy	Rest	4 easy	13
Week 7	Interval Session 4 mile total	Rest	3 easy	Rest	Coached session or 3 easy	Rest	4 easy	14
Week 8	Interval Session 4 mile total	Rest	4 easy	Rest	Coached session or 3 easy	Rest	4 easy	15

Week 9	Interval session or 4 m at pace	Rest	4 easy	Rest	Coached session or 3 easy	Rest	5 easy	16
Week 10	Interval session or 4 m at pace	Rest	4 fast	Rest	3 m pace run	Rest	5 easy	16
Week 11	Interval session or 4 m at pace	Rest	4 fast	Rest	Grass Track	Rest	6 easy	17
Week 12	Interval session or 4 m at pace	Rest	6 easy	Rest	3 m hilly run	Rest	6 easy	19
Week 13	Interval session or 4 m at pace	Rest	6 fast	Rest	Circuit/Hill	Rest	7 easy	20
Race week	Interval session or 4 m at pace	Rest	4 fast	Rest	3 m easy	Rest	Race Day!	

- If you are currently only running once a week, it would be unwise to suddenly start running on 4 days. It would be advisable to add a second, third and fourth session over a period of time.
- You do not have to do the runs on the days stated – juggle as you need and according to your club session but it is important to have rest days and important to ensure there is a difference between your “easy” and “fast” runs.
- For your speed work remember there are weekly sessions available at Fitmums Clubs – see <http://www.fitmums.org.uk/session-times>
- The special sessions (grass track, circuit, hills) are an important part of your training and will help you progress and increase your distance. If possible include these into your training programme. Not only will they help your overall performance they help to add variety to your training and keep it interesting and fun!
- If you are concerned about increasing your distance and moving up to the next distance group – PLEASE tell us. We will happily support you to move up when you are confidently running at each distance.
- ‘Interval Sessions’ may also be referred to as ‘speed’ or ‘grass track’ sessions. These are available as coached sessions throughout the year with Fitmums – see <http://www.fitmums.org.uk/session-times> .If you are unable to attend these sessions please feel free to chat to a coach who will give you plenty of ideas of ways in which you can implement intervals into your runs.
- ‘Pacey’ runs are a continuous effort faster than normal at a comfortably hard pace.
- **Before commencing any new physical activity programme it is important that you are fit and healthy. If for any reason you are unsure please speak to a medical professional.**