



*The Gleneagle*  
HOTEL & APARTMENTS

# RUN KILLARNEY MARATHON

Sat 28th July 2018

14 Week 10km Training Plan

- Sub 50 mins -

This program was developed to help runners with moderate experience to achieve their goal.



## General Tips

### *Pace*

Run at a pace of 170 - 190 strides per minute. This may seem fast but by increasing the number of steps per minute you will tend to land more softly and cause less stress on your body.

### *Strong Core*

Strong abs and glutes will keep you running happy.

### *Hydrate and Fuel Up*

Snack after your run: 500ml chocolate milk within 30 minutes post run. Meals before competition: pasta and chicken up to 3 days prior.

### *Get out!*

Run as often as possible up to 5-6 days a week. It is preferable to run shorter distances often rather than 2-3 longer and/or more intense runs.

### *Find a Trail*

When possible, choose a cross-country surface (firm and irregular). If pain occurs, see a physiotherapist specialised in sport and/or running without delay.

### *Cross Train*

Complement your training with swimming, cycling, yoga or pilates to optimise your strength, flexibility and level of fitness.

Join a running group for increased motivation!

### *Rest*

After an intensive training session ensure you give your body time to recover and repair before your next run.

This training plan was designed by Jessica Chenier-Britton, a Physiotherapist and running specialist.

#### Medical Disclaimer:

Always consult your doctor before beginning any exercise program. If you experience any pain or difficulty with this exercise program, stop and consult your doctor.

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# Training Plan Guide

To complete this training plan successfully and injury free it is important to follow these guidelines

## **Warm up/Cool down**

Before a run it is essential to warm up, so that you don't strain yourself or pull a muscle.

## **Pace**

**R1** is the running pace for most runs. You should be able to talk while running at this pace of 6 min 10 sec per km.

**R2** running 5 min 40 sec per km

**R3** running 5 min 00 sec per km

**R4** running 4 min 45 sec per km

- You will be able to adjust your training after the 5 km run in week 3.

If you can easily maintain the pace of 4min 45sec/km, you may increase your training pace slightly.

- You will also be able to adjust your training after the 10 km run in week 8.

If you can easily maintain the pace of 5min sec/km, you may increase your training pace slightly.

If you cannot maintain the pace, you need to slow down the training pace.

## **Stretch**

Stretching helps to have a good range of motion in the joints and length in the muscles. Only stretch after a run when muscles are warm.

## **Cross train**

Doing another Kind of fitness work out such as swimming, Pilates cycling or yoga

## **Keep it fun!**

Most people push too hard, run too fast, too long or increase the training volume too fast.

## **Rest**

There is no benefit in going for a run if you are sick or injured. Taking a few days off from a training programme is better than been forced to stop for months due to injury.



# 10km Training Sub 50 mins

**R1:** 6 min 10 sec/km · **R2:** 5 min 40 sec/km · **R3:** 5 min 00 sec/km · **R4:** 4 min 45 sec/km

| WEEK     | MON  | TUES | WED   | THURS | FRI       | SAT  | SUN  |
|----------|--|------|---|-------|-----------|------|------|
| <b>1</b> | 20 min R1  | Rest | 10 min R1<br>2X (3min R1/3min R2)<br>5 min R1     | Rest  | Rest      | 5 km | Rest |
| <b>2</b> | 30 min R1  | Rest | 10 min R1<br>2X (4 min R1/4 min R2)<br>5 min      | Rest  | 20 min R1 | 6 km | Rest |
| <b>3</b> | 25 min R1  | Rest | 5 min R1<br>2X (5 min R2/5 min R1)<br>5 min R1    | Rest  | Rest      | 5 km | Rest |
| <b>4</b> | 30 min R1  | Rest | 10 min R1<br>10 min R2<br>10 min R1               | Rest  | 20 min R1 | 7 km | Rest |
| <b>5</b> | 10 min R1<br>2X (1 min R1/ 1 min R3)<br>10 min R1                  | Rest | 10 min R1<br>2X (6 min R1/ 6 min R2)<br>5 min R1  | Rest  | 20 min R1 | 6 km | Rest |
| <b>6</b> | 15 min R1<br>2X (1 min,30 sec R1/ 1<br>min,30 sec R3)<br>10 min R1 | Rest | 10 min R1<br>3X (3 min R1/ 3 min R3)<br>10 min R1 | Rest  | 25 min R1 | 8 km | Rest |
| <b>7</b> | 15 min R1<br>2X (1 min R1/ 1 min R4)<br>10 min R1                  | Rest | 15 min R1<br>8 min R3<br>15 min R1                | Rest  | 25 min R1 | 9 km | Rest |

| WEEK      | MON   | TUES | WED   | THURS | FRI       | SAT           | SUN  |
|-----------|---|------|---|-------|-----------|---------------|------|
| <b>8</b>  | 15 min R1<br>5 min R3<br>15 min R1                  | Rest | 30 min R1   | Rest  | Rest      | 10 km R3      | Rest |
| <b>9</b>  | 11 min R1<br>2X (2 min R1/ 2 min R4)<br>11 min R1   | Rest | 10 min R1<br>2X (4 min R1/ 4 min R3)<br>10 min R1 | Rest  | 25 min R1 | 7 km          | Rest |
| <b>10</b> | 15 min R1<br>6X (30 sec R1/ 30 sec R4)<br>15 min R1 | Rest | 10 min R1<br>4X (3 min R1/3 min R3)<br>10 min R1  | Rest  | 20 min R1 | 9 km          | Rest |
| <b>11</b> | 15 min R1<br>3X (1 min R1/ 1 min R4)<br>10 min R1   | Rest | 15 min R1<br>3X (1 min R1/ 1 min R4)<br>10 min R1 | Rest  | 25 min R1 | 11 km         | Rest |
| <b>12</b> | 15 min R1<br>4X (45 sec R1/ 45 sec R4)<br>10 min R1 | Rest | 15 min R1<br>3X (7 min R1/ 7 min R3)<br>10 min R1 | Rest  | 25 min R1 | 8 km          | Rest |
| <b>13</b> | 15 min R1<br>6X (30 sec R1/ 30 sec R4)<br>10 min R1 | Rest | 10 min R1<br>10 min R3<br>10 min R1               | Rest  | Rest      | 7 km          | Rest |
| <b>14</b> | 15 min R1<br>3X (1 min R1/ 1 min R4)<br>10 min R1   | Rest | 25 min R1   | Rest  | 20 min R1 | Run Killarney | Rest |



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