



14 Week 10km Training Plan - Sub 40mins -

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 difficult
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 4 min 55 sec per km (You should be able to talk while running at this pace)

R2 running 4 min 25 sec per km

R3 running 4 min 05 sec per km

R4 running 3 min 55 sec per km

- You will be able to adjust your training after the 10 km runs in weeks 5 and 8.
If you can easily maintain the pace of 4mins 5sec/km, you may increase slightly your training pace.

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 40 mins

R1: 4 min 55 sec/km • **R2:** 4 min 25 sec/km • **R3:** 4 min 05 sec/km • **R4:** 3 min 55 sec/km

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	30 min R1	Rest	10 min R1 3X (3min R1/3min R2) 10 min R1	Rest	30 min R1	8 km	Rest
2	35 min R1	Rest	10 min R1 3X (4 min R1/4 min R2) 5 min	Rest	30 min R1	7 km	Rest
3	35 min R1	Rest	2X (10 min R2/ 10 min R1)	Rest	30 min R1	9 km	Rest
4	35 min R1	Rest	13 min R1 15 min R2 13 min R1	Rest	30 min R1	8 km	Rest
5	15 min R1 3X (1 min R1/ 1 min R3) 10 min R1	Rest	5 min R1 2X (5 min R1/10 min R2) 5 min R1	Rest	30 min R1	10 km	Rest
6	15 min R1 3X (1 min,30 sec R1/ 1 min, 30 sec R3) 10 min R1	Rest	10 min R1 5X (3 min R1/3 min R3) 5 min R1	Rest	30 min R1	11 km	Rest
7	10 min R1 4X (1 min R1/ 1 min R4) 10 min R1	Rest	15 min R1 2X (6 min R1/6 min R3) 10 min R1	Rest	25 min R1	12 km	Rest

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