



## 14 Week 10km Training Plan - Sub 50mins -

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.

[www.runkillarney.com](http://www.runkillarney.com)

# 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 Sub 50mins

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
1	20 min R1	Rest	10 min R1 2X (3min R1/3min R2) 5 min R1	Rest	Rest	5 km	Rest
2	30 min R1	Rest	10 min R1 2X (4 min R1/4 min R2) 5 min	Rest	20 min R1	6 km	Rest
3	25 min R1	Rest	5 min R1 2X (5 min R2/5 min R1) 5 min R1	Rest	Rest	5 km	Rest
4	30 min R1	Rest	10 min R1 10 min R2 10 min R1	Rest	20 min R1	7 km	Rest
5	10 min R1 2X (1 min R1/ 1 min R3) 10 min R1	Rest	10 min R1 2X (6 min R1/ 6 min R2) 5 min R1	Rest	20 min R1	6 km	Rest
6	15 min R1 2X (1 min,30 sec R1/ 1 min,30 sec R3) 10 min R1	Rest	10 min R1 3X (3 min R1/ 3 min R3) 10 min R1	Rest	25 min R1	8 km	Rest
7	15 min R1 2X (1 min R1/ 1 min R4) 10 min R1	Rest	15 min R1 8 min R3 15 min R1	Rest	25 min R1	9 km	Rest



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