10k – GCR Race Ready Plan

*Sessions subject to change. Please check e-mail and GCR Facebook account.*

This plan was designed to be adaptable to the runner. Each week contains three to four key sessions which will aid in your development before the 10k ‘Midweek League’ race at Harpenden. Please use the plan as a guide and change it to suit you. Keep the volume and intensity relative to your previous training to avoid overtraining. For example, if you are used to one speed session a week, keep with this and build volume.

Consistent small challenges are key to adaption and long-term progress. A good principle is to add no more than 10 percent volume to your previous week *(if you run 20 miles in week one, try 22 in week two).* The time given for the easy runs and rest days allow for this.

Have fun, stay fit!

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Weds | Thur | Fri | Sat | Sun |
| Week 1 – 30.3.2020 | Rest Day | 1 mile up to 5 repeats | Easy Run orRest Day | Easy Run | Rest Day | 5K @ Race Pace  | Long Run |
| Week 2 – 6.4.2020 | Rest Day | 400m up to 14 repeats | Easy Run orRest Day | Easy Run or 1km up to 6 repeats  | Easy Run orRest Day | 5K Tempo run | Long Run |
| Week 3 – 13.4.2020 | Rest Day | Mile repeats up to 5  | Easy Run orRest Day | Easy Run or 600m up to 14 repeats | Easy Run orRest Day | Long Run with fast finish | Easy Run orRest Day |
| Week 4 – 20.4.2020 | Rest Day | 400m x up to 14 repeats | Easy Run orRest Day | Easy Run or800m up to 10 repeats | Easy Run orRest Day | 5K Tempo run | Long Run |
| Week 5 – 27.4.2020 | Rest Day | Out and back 5 minutes up to 6 repeats | Easy Run orRest Day | Easy Run | Rest Day | 5K Race Pace @  | Long Run with fast finish |
| Week 6 – 4.5.2020 | Rest Day | 450m x up to 16 repeats | Easy Run orRest Day | Easy Run or 800m up to 10 repeats | Easy Run orRest Day | 5K Tempo run | Long Run |
| Week 7 – 11.5.2020 | Rest Day | Out and back 5 minutes up to 6 repeats | Easy Run orRest Day | 200m up to 12 repeats  | Easy Run orRest Day | Easy Run orRest Day | Rest Day |
| Week 8 – 18.5.2020 | Rest Day | Easy Run orRest Day  | Race Day! Harpenden MWL |  |  |  |  |

**Easy Run – Run Length: 20– 45 mins**

Easy runs make up the bulk of a runner’s training plan. The run is at an easy effort and breathing is always under control so that you can carry on a conversation with your training partners. There is no lasting fatigue from an Easy Run.

**Tempo Run – Run Length: 20– 40 mins**

The Tempo Run is a medium effort run that improves your lactate threshold – the point where lactic acid begins to build up. Tempo Runs usually last 20-40 minutes and breathing is fast but under control. Training partners can usually speak in short sentences during a Tempo Run. Running too fast is a common error so remember to keep a Tempo Run at a medium effort and never lose your breath.

**Long Run – Run Length: 75 mins – 90 mins**

Long Runs are similar to an Easy Run but just last longer. The effort is still easy but may become more difficult not due to the intensity but due to the duration of the run. There may be some lasting fatigue from a Long Run so extra recovery is often required after them.

**Fast Finish Long Run – Run Length: 75 mins – 90 mins**

Unlike a Long Run where the pace is mostly consistent, a Fast Finish Long Run is a Long Run where you run very fast at the end, sort of like a longer Progression Run.

**Rest**

Training stresses the body. To grow stronger and more fit, there must be recovery. Rest days are used to enhance recovery and may be a complete day of rest or cross-training.

**Training paces**

To find out potential training paces and race times use the race calculator on: <https://www.mcmillanrunning.com>. Training paces may adapt and change as the plan continues and you become fitter. Key times to check this will be in week one and five.

If you don’t own a electronical device to look at pace, use perceived exertion instead <https://www.runnersworld.com/training/a29706103/what-is-rpe/>.