

# 5k to 10k training plan



This plan is designed for anyone who can run 5k, at any pace, who wants to progress to a 10k event. It is ideal if you are thinking of entering any of Lakeland Trails' many 10k races or challenges! Simply start the 10 week plan so that the weekend of week 10 falls on the date of your goal event. Runners who are already very comfortable at 5k, or who can already run a bit further, might find that they can jump in at week 2 or week 3 and have an 8 or 9 week training block.

The plan features 3 runs per week, and this is definitely enough to train for a 10k. If you want to run more often, add a second short, easy run.

## Key terminology:

**Easy pace:** most of your running should be at an 'easy' pace. This means one where your breathing is relaxed and even, and you could talk in a full sentence to a running buddy. If you realise that you aren't running mostly easy at the moment, that's ok! Try to slow down your pace, or add some walk breaks, to maintain an easy intensity overall.

**Harder pace:** As you become more experienced as a runner, you'll be able to distinguish a whole range of different intensities, but for now, we want to just use two efforts, 'easy' and 'hard'. Hard pace means that your breathing is deeper, and any talking you do will be in 2-3 word bursts. We only use this intensity a little bit in training!

**Cutback week:** you will notice that there are two weeks in the plan when the amount you run decreases. These are 'cutback' weeks. Rather than just keep building, every few weeks we reduce the load to help the body adapt, recover and grow.

**Long run:** each weekend features a longer run, where we gradually build up the time on feet - these runs should always be done at 'easy' pace. For many people this will be the longest you have ever run - congratulations! Remember that you are still allowed to take walk breaks, and this may be beneficial to help you stay at an easy effort. If you can, train on routes which have some hills (and walk up these to stay at an easy effort), and some trail terrain, to help your runs be specific to the events that you are training for. But don't worry if this isn't possible - it's perfectly fine to enjoy Lakeland Trails' events even if you do your training on pavements or roads.

	M	T	W	T	F	S	S
1	Rest	easy 30 mins with 6 x 1 minute 'harder' efforts. Walk for 1 minute after each effort to recover	Rest	easy 30 mins	Rest	long run - 40 mins easy	Rest
2	Rest	easy 30 mins with 6 x 10 second uphill 'harder' efforts. Walk down the hill to recover from each effort	Rest	easy 30 mins	Rest	long run - 45 mins easy	Rest
3	Rest	easy 30 mins with 5 x 90 second 'harder' efforts. Walk for 90 seconds after each effort to recover	Rest	easy 30 mins	Rest	long run - 50 mins easy	Rest
4	Rest	easy 30 mins with 6 x 15 second uphill 'harder' efforts. Walk down the hill to recover from each effort	Rest	easy 30 mins	Rest	long run - 40 mins easy	Rest
5	Rest	easy 40 mins with 5 x 2 minute 'harder' efforts. Walk for 90 seconds after each effort to recover	Rest	easy 40 mins	Rest	long run - 50 mins easy	Rest
6	Rest	easy 40 mins with 8 x 15 second uphill 'harder' efforts. Walk down the hill to recover from each effort	Rest	easy 40 mins	Rest	long run - 60 mins easy	Rest
7	Rest	easy 40 mins with 1 x 10 minute 'harder' effort. This 'harder' pace should be slower than on the short efforts	Rest	easy 30 mins	Rest	long run - 60 to 70 mins easy	Rest
8	Rest	easy 40 mins with 6 x 20 second uphill 'harder' efforts. Walk down the hill to recover from each effort	Rest	easy 40 mins	Rest	long run - 60 to 80 mins easy	Rest
9	Rest	easy 30 mins with 8 x 1 minute 'harder' efforts. Walk for 1 minute after each effort to recover	Rest	easy 30 mins	Rest	long run - 40 mins easy	Rest
10	Rest	easy 20 mins	Rest	easy 20 mins	Rest	Race Day!	Rest