

**RUNDERWEAR™**

10km TRAINING PLAN  
**BEGINNER**



**Created by Tom Craggs**  
England Athletics Running Coach

# RUNDERWEAR™

## 10km BEGINNER

### TRAINING PLAN



#### THE PLAN

This plan is aimed at runner new to the 10km distance or runners who haven't tackled 10km in a while. You should be able to run/jog for 20-30 minutes continuously before starting the plan.

#### COMPLETING THE PLAN

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as 'XT'. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 7/10 effort on back-to-back days. It's fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical checkup with a professional before undertaking any running training plan.

#### GUIDING YOUR EFFORT

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 5 minutes at 7/10 effort with 90-120s brisk walk recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest / S&C	Run Session: 20-30 min easy run at 2-3/10 effort	Rest	Rest or XT session: 30 min easy at 2-3/10 effort	Run Session: 40 min easy run at 3-4/10 effort with short brisk walk breaks if needed
WEEK 2	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 sets of 4 minutes at 7/10 effort with 90-120s brisk walk recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest / S&C	Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort	Rest	Rest or XT session: 30 min easy at 2-3/10 effort	Run Session: 40 mins all easy at 3-4/10 effort with short brisk walk breaks if needed
WEEK 3	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 sets of 5 minutes at 7/10 effort with 90-120s brisk walk recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest / S&C	Run Session: 35 min easy run at 2-3/10	Rest	Rest or XT session: 30 min easy at 2-3/10 effort	Run Session: 50 mins at 3-4/10 effort with short brisk walk breaks if needed
WEEK 4	Rest	Run Session: 30-40 min easy run at 2-3/10	Rest / S&C	Run Session: 30 min run as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort	Rest	Rest	Run Session: 40 mins at 2-3/10 effort
WEEK 5	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 mins at 7/10, 2 mins rest, then 8 x 60 secs at 8-9/10 with 60-75s rest/walk Cool down: 5-10 min easy run at 2-3/10 effort	Rest / S&C	Run Session: 40 min easy run at 2-3/10	Rest	Rest or XT session: 30-40 min easy at 2-3/10 effort	Run Session: 50-60 mins at 3-4/10 effort with short brisk walk breaks if needed
WEEK 6	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 10 x 60 secs at 8-9/10 with 60-75s rest/walk, 2 mins rest, then 6 mins at 7/10 effort Cool down: 5-10 min easy run at 2-3/10 effort	Rest / S&C	Run Session: 40 mins build from 2/10 to 6/10	Rest	Rest or XT session: 30-40 min easy at 2-3/10 effort	Run Session: 60-70 mins at 3-4/10 effort with short brisk walk breaks if needed
WEEK 7	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6 mins at 7/10, 2 mins rest, 8 x 60s at 8-9/10 with 60s rest, 2 mins rest then 6 mins at 7/10 Cool down: 5-10 min easy run at 2-3/10 effort	Rest / S&C	Run Session: 45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort	Rest	Rest or XT session: 30-40 min easy at 2-3/10 effort	Run Session: 50-60 mins at 3-4/10 effort
WEEK 8	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 3 sets of 3 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Rest	Run session: 20 mins easy at 2-3/10	Rest	<b>10K RACE!! GOOD LUCK!</b>	Rest

RPE SCALE	WHAT IT MIGHT FEEL LIKE....
0	Sat at home in your armchair
1	Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.
2-3	Easy running, able to hold a full conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.