**Standalone 10km 5 km to 10 km 8 week training plan**

Entered Standalone and already running 5km but not yet tried 10km? This plan will get you ready for the big day☺

Depending on your general health and previous medical history you may need to consult your doctor before you increase your exercising.

If you find that you are in pain when you are running you should stop and rest so that you do not make the injury any worse. Do not run through pain.

Top tips:

* Stay hydrated and try and run when it is cooler, first thing in the morning or in the evening if possible.
* Make sure your running shoes are the right size. You should be able to put your thumb sideways between the end of your big toe and the end of your shoe.
* Build up your distance gradually to avoid the increased possibility of injury by doing too much too soon.
* Take rest days to allow your muscles to recover and repair.
* Cross train – swimming in the outdoor pool is a treat at the moment and other activities such as cycling, pilates, gym work etc are all beneficial to running a 10km if planned in to the schedule and you build up slowly. Too much may result in injury or illness☹
* Stretch, foam roll, have a sports massage but look after your muscles and keep them in good condition.
* Include a longer run each week. This could be run as an ‘out and back’, that is for a 50 minute run, run out for 25mins and then just turn round and run back. Enjoy!

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1  13th August | Rest or could be swim or pilates class for example | 10 min easy run then 3 x 3 mins at 10km pace with 2 mins between each effort followed by 10 min easy run | Rest | 35 min continuous run split in to 5 mins easy, 5 mins steady (you can say 5 words but not hold a conversation) finishing on the easy run | Rest | Rest or 30 mins cross training (swim/  class/gym) | 30 – 45 min easy run |
| Week 2  20th August | Rest or could be swim or pilates class for example | 10 min easy run then 5 x 3 mins at 10km pace with 2 mins between each effort followed by 10 mins easy | Rest | 20 mins progression run divided in to 5 mins easy, 5 mins steady, 5 mins @ 10km pace, 5 mins easy | Rest | Rest or 30 mins cross training (swim/  class/gym) | 40 – 50 min easy run |
| Week 3  27th August | Rest or could be swim or pilates class for example | 30 – 40 mins easy run including 4 x 5 mins at 10km pace with 2 or 3 mins jog recovery between each effort | Rest | 25 mins easy | Rest | 5km – either the First Saturday of the Month on Norton Common 9am start or a parkrun | Rest |
| Week 4  3rd September | Rest or could be swim or pilates class for example | 5 – 10 mins easy, then 5 x 5 mins at 10 km pace (2 min easy jog between each effort) followed by 5 – 10 mins easy | Rest | 10 mins easy followed by 5, 4, 3, 2, 1 mins trying to get a little faster on each effort (don’t sprint as too fast could cause an injury), 1 or 2 mins jog between each effort, then 10 mins easy | Rest | Rest or 30 mins cross training -swim / gym / class | 50 – 60 min easy run |
| Week 5  10th September | Rest or could be swim or pilates class for example | 5 – 10 mins easy, then 5 x 5 mins at 10 km pace (2 min easy jog between each effort) followed by 5 – 10 mins easy | Rest | 45 mins steady run | Rest | Rest or 30 mins easy | 60 – 70 min easy run |
| Week 6  17th September | Rest or could be swim or pilates class for example | 45 mins easy run | Rest | 45 – 60 mins run including 4 x 6 mins at 10km pace with 90s jog recovery between each effort | Rest | Rest or 25 mins easy | 75 min easy run |
| Week 7  24th September | Rest or could be swim or pilates class for example | 10 mins easy, 3 x 10 mins at 10 km pace with 2 mins jog recovery between each effort followed by 10 mins easy | Rest | 45 mins progression run as 10 mins easy, 10 mins steady, 15 mins 10 km pace, 10 mins easy | Rest | Rest or 30 mins cross training – swim / gym/ class | 45 min easy run |
| Week 8 1st October | Rest or could be swim or pilates class for example | 5 mins easy, 2 x 8 mins at 10 km pace with 2 mins jog between each effort, then 5 mins easy | Rest | 30 mins easy | Rest | Rest | Standalone 10km – enjoy! |