Women's 10k Training Plans

The following training plans (beginner, intermediate and advanced) are designed to be followed without direct support by participants of London Frontrunners Women's 10k Training series.

Athletes should have some experience in running and ideally you should be able to run or walk/run 5km already (at any speed).

You're encouraged to come along to at least the Wednesday night training sessions which are specifically for participants of this series to meet your fellow runners, other club members, and train as a group. Feel free to also join other club nights as well but note we don't provide training or coaching at all runs. Other recommended club nights are noted on the relevant plans below.

Guidance for all Levels:

- Make sure you do a warm up before each run, and cool down/stretch after.
- Do EITHER Wed Coaching or Thursday Track, not both! If you can't attend one of these do the suggested session for that week on either Wed of Thursday yourself and cross train on the other day.
- Your easy / slightly hard / hard will be individual to you and might include a brisk walk - perceived effort is the best way to think about it. Further pace guidance is provided at the end of this document, but use the following as a rough guide to perceived effort:
    - Easy run = 4 out of 10 effort. You should still be able to have a conversation.
    - Hard run = 8-8.5 out of 10 effort. You could speak a couple of words if you were asked a question.
    - Tempo run is a sustained moderately hard run. The pace you could run for 20-60 minutes.
- If you need any help with pacing, ask our coaches at a session.
- Cross training is strongly encouraged for all levels. This can be any other physical activity (such as a gentle swim, some cycling, etc.). It builds additional fitness without increased impact from running. Try and include a variety of activities if you are able.
- Rest is just as important as the exercise; it gives your body time to recover and take on board the hard work you are putting in.

Pace Guidance

Walking / jogging / running / sprinting are all valid forms of movement to get you forwards to complete the distance - pace according to how you feel on the given day!

Easy	A pace that you can sustain a conversation. 4-5 out of 10 effort.
Slightly hard	A bit faster than easy - you can still talk but to convey information / answer questions not continuous chat.
Tempo	A pace you could sustain for around an hour, you can give very short answers, but talking isn't easy.
Hard	This should feel effortful and you should only be able to give one or two word answers. Tailor to the distance (1 min rep of hard will be faster than running hard for 5km!). 8-8.5 out of 10 effort.

If you need any help with pacing, ask our coaches at a session

Missing Sessions

Things are likely to happen that mean you need to miss a session, that's just life. The plan is a suggestion and if you need to move things around in a particular week, or for all weeks then do so. Don't put 2 hard sessions back to back though, leave a day in-between.

If you can only fit in 2 runs a week prioritise the weekend 'long' run and mid-week 'interval / coaching' session.

If you need to miss a week for any reason don't try and make this up, just pick up the next week. If you have to miss several weeks talk to a coach about the best approach to getting back on track. The plan builds up over the 12 weeks, so it may not be advisable to just pick up with the next week, but plan a way to build back into it instead.

Beginner

Additional Notes:

- Recommended to attend Club Wednesday Regent's Park coaching sessions.
- Can also attend Club Saturday Hyde Park and adjust the route to match the planned distance.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	30 min easy run	Rest	Intervals: 5min easy warm up. 1 min hard, 2 min easy x4. 5 min easy cool down	Cross train	Rest	5k easy	Rest
2	30 min easy run	Rest	Intervals: 5 min easy warm up. 2 min hard, 2 min easy x3. 5 min easy cool down	Cross train	Rest	6k easy	Rest
3	30 min easy run	Rest	Intervals: 5 min easy warm up. 2 min hard, 1 min easy x4. 5 min easy cool down	Cross train	Rest	7k easy	Rest
4	20 min easy run	Rest	Tempo run: 5 min easy warm up, 20 min tempo (7/10). 5 min easy cool down.	Cross train	Rest	5k easy	Rest
5	35 min easy run	Rest	Intervals: out and backs (8/10 effort) - warm up 5 minutes easy - run for 2 minutes, stop and rest in that spot for 1 minute, turn around and run back to where you started within 2 minutes, rest for 1 minute. Repeat 4 times, try and get the same distance or further each time. cool down 5 minutes easy. (Try and find a flat place to run!)	Cross train	Rest	7k (1k easy, 2k slightly hard x2, 1k easy)	Rest
6	35 min easy run	Rest	Intervals: 5 min easy warm up. Run 2 min hard, 1 min easy, 3 min hard, 1.5 min easy, 4 min hard, 2 min easy, 3 min hard, 1.5 min easy, 2 min hard, 1 min easy. 5 min easy cool down.	Cross train	Rest	8k (2k easy (6/10) 2k slightly hard (7/10), 1k hard (8/10), 2k slightly hard (7/10) 1k cool down (5/10)	Rest
7	40 min easy run	Rest	Tempo run: 5 min easy warm up, 30 min tempo (7/10). 5 min easy cool down	Cross train	Rest	9k easy	Rest

8	25 min easy run	Rest	Intervals: Lamp Post Fartleks - go for a 30 minute run, warm up for 5 minutes with easy running then vary the pace by going fast for 2 lamposts and easy for 1 (you can choose other markers such as trees / road crossings etc depending on where you are running) - cool down for 5 minutes with easy running.	Cross train	Rest	5k race (choose a parkrun)	Rest
9	35 min easy run	Rest	Intervals: 5 min easy warm up. Run 5 min hard rest 2 min, run 4 min hard rest 2 min, run 3 min hard rest 2 min, run 2 min hard rest 2 min, run 1 min hard, rest 1 minute. 5 min easy cool down.	Cross train	Rest	8k (2k easy (6/10, 2k slightly hard (7/10) 2k hard (8/10) 1k slightly hard (7/10) 1k easy (6/10)	Rest
10	40 min easy run	Rest	Tempo run: 5 min easy warm up. 30 minute tempo (7/10) run. 5 min easy cool down.	Cross train	Rest	10k (2k easy (6/10),2k slightly hard (7/10) 1k hard (8/10) x2 2k easy	Rest
11	30 min easy run	Rest	Intervals: Fartleks - 5 min easy warm up. Run for 30 minutes at different paces - you can go by lamp posts / trees / junctions or time. 5 min easy cool down (total run time 40 mins)	Cross train	Rest	5k (1k easy (6/10), 2k slightly hard (7/10), 1k hard (8/10) 1k easy (6/10).	Rest
12	30 min easy run	Rest	No coaching - easy run (30 min)	Rest	Rest	Race 10k!	Rest

Intermediate

Additional Notes:

- Runners very comfortable with 10k distance could attend Club Monday Elephant and Castle run (shortest option is 8k/5miles).
- Recommended to attend Club Wednesday Regent's Park coaching sessions.
- Can also attend Club Saturday Hyde Park and adjust the route to match the planned distance.
- Make sure to take at least two rest days.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	30 min easy run	Rest or cross train	Intervals: 5min easy warm up. 1 min hard, 2 min easy x4. 5 min easy cool down	Cross train	Rest or cross train	45 min easy run	Rest
2	30 min easy run	Rest or cross train	Intervals: 5 min easy warm up. 2 min hard, 2 min easy x3. 5 min easy cool down	Cross train	Rest or cross train	7k run 1k easy, 4k race pace, 2k easy	Rest
3	35 min easy run	Rest or cross train	Intervals: 5 min easy warm up. 2 min hard, 1 min easy x4. 5 min easy cool down	Cross train	Rest or cross train	8k easy run	Rest
4	30 min easy run	Rest or cross train	Tempo run: 5 min easy warm up, 20 min tempo (7/10). 5 min easy cool down)	Cross train	Rest or cross train	Do a parkrun	Rest
5	35 min easy run	Rest or cross train	Intervals: out and backs (8/10 effort) - warm up 5 minutes easy - run for 2 minutes, stop and rest in that spot for 1 minute, turn around and run back to where you started within 2 minutes, rest for 1 minute. Repeat 4 times, try and get the same distance or further each time. Cool down 5 minutes easy. (Try and find a flat place to run!)	Cross Train	Rest or cross train	Run 50 min easy	Rest
6	40 min easy run	Rest or cross train	Intervals: 5 min easy warm up. Run 2 min hard, 1 min easy, 3 min hard, 1.5 min easy, 4 min hard, 2 min easy, 3 min hard, 1.5 min easy, 2 min hard, 1 min easy. 5 min easy cool down.	Cross train	Rest or cross train	8k run: 1k easy, 5k race pace, 2k easy	Rest

7	45 min easy run	Rest or cross train	Tempo run: 5 min easy warm up, 30 min tempo (7/10). 5 min easy cool down	Cross train	Rest or cross train	10k easy	Rest
8	35 min easy run	Rest or cross train	Intervals: Lamp Post Fartleks - go for a 30 minute run, warm up for 5 minutes with easy running then vary the pace by going fast for 2 lamposts and easy for 1 (you can choose other markers such as trees / road crossings etc depending on where you are running). Cool down for 5 minutes with easy running.	Cross train	Rest or cross train	8k easy	Rest
9	45 min easy run	Rest or cross train	Intervals: 5 min easy warm up. Run 5 min hard rest 2 min, run 4 min hard rest 2 min, run 3 min hard rest 2 min, run 2 min hard rest 2 min, run 1 min hard, rest 1 minute. 5 min easy cool down.	Cross train	Rest or cross train	Run 9k: 1k easy, 6k race pace, 2k easy	Rest
10	45 min easy run	Rest or cross train	Tempo run: 5 min easy warm up. 30 minute tempo (7/10) run. 5 min easy cool down.	Cross train	Rest or cross train	11k easy	Rest
11	45 min easy run	Rest or cross train	Intervals: Fartleks - 5 min easy warm up. Run for 30 minutes at different paces - you can go by lamp posts / trees / junctions or time. 5 min easy cool down (total run time 40 mins)	Cross train	Rest or cross train	8k easy	Rest
12	30 min easy run	Rest or cross train	No coaching - easy run (30 min)	Rest	Rest	Race 10k!	Rest

Advanced

Additional Notes:

- Runners very comfortable with 10k distance could attend Elephant and Castle run (shortest option is 8k / 5 miles)
- Recommended to attend Club Wednesday Regent's Park coaching sessions.
- Feel free to swap Sat and Sun runs if you prefer to do the longer distance with us at the Hyde Park Run
- Make sure to take two rest days from running.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	45 min easy run	Rest or cross train	Intervals: 5min easy warm up. 4 x (1 min hard, 2 min easy). 5 min easy cool down	Cross train	Rest or cross train	30 min tempo run	60 min easy run
2	30 min easy run	Rest or cross train	Intervals: 10 min easy warm up. 5 x(5 min hard, 90 sec jog recovery). 10 min easy cool down	Cross train	Rest or cross train	7k run as 1k easy, 4k race pace, 2k easy	70 min easy run
3	35 min easy run	Rest or cross train	Intervals: 10 min warm up. 10 x (1 min very hard (9/10), 1 min easy jog). 10 min easy cool down	Cross train	Rest or cross train	10 min warm up. 4 x (6 min threshold, 90 sec easy jog). 10 min easy cool down	75 min easy run
4	40 min easy run	Rest or cross train	Intervals: 10 min warm up. 10 x (90 sec very hard (9/10), 1 min easy jog). 10 min easy cool down	Cross train	Rest or cross train	10 min warm up. 3 x (8 min threshold, 90 sec easy jog). 10 min easy cool down	75 min easy run
5	40 min easy run	Rest or cross train	Intervals: out and backs (8/10 effort). 10 minute warm up. Run for 2 minutes, stop and rest in that spot for 1 minute, turn around and run back to where you started within 2 minutes, rest for 1 minute. Repeat 6 times, try and get the same distance or further each time. 10 min cool down. (Try and find a flat place to run!)	Cross train	Rest or cross train	10 min warm up. 6 x (3 min threshold, 90 sec easy jog). 10 min easy cool down	60 min easy run

6	40 min easy run	Rest or cross train	Intervals: 10 min warm up. Run 2 min hard, 1 min easy, 3 min hard, 1.5 min easy, 4 min hard, 2 min easy, 3 min hard, 1.5 min easy, 2 min hard, 1 min easy. 10 min easy cool down.	Cross train	Rest or cross train	8k run: 1k easy, 5k race pace, 2k easy	75 min easy run
7	15 min easy, 15 min steady, 15 min easy run	Rest or cross train	10 min warm up. 4 x (8 min threshold, 90 sec easy jog). 10 min easy cool down	Cross train	Rest or cross train	10 min warm up. 8 x (3 min very hard (9/10), 90 sec easy jog). 10 min easy cool down	60 min easy run
8	35 min easy run	Rest or cross train	Intervals: Lamp Post Fartleks - go for a 30 minute run, warm up for 5 minutes with easy running then vary the pace by going fast for 2 lampposts and easy for 1 (you can choose other markers such as trees / road crossings etc depending on where you are running) - cool down for 5 minutes with easy running.	Cross train	Rest or cross train	Park run race simulation	75 min easy run
9	45 min easy run	Rest or cross train	Intervals: 10 min warm up. Run 5 min hard rest 2 min, run 4 min hard rest 2 min, run 3 min hard rest 2 min, run 2 min hard rest 2 min, run 1 min hard, rest 1 minute. 5 min cool down.	Cross train	Rest or cross train	10 min warm up. 4 x (2 min at 5km pace, 60 sec easy jog). 3 min rest then REPEAT. 10 min easy cool down	75 min easy run
10	50 min easy run	Rest or cross train	Threshold run: 10 min easy warm up. 4 x (8 min threshold with 60 seconds jog recovery). 5 min cool down.	Cross train	Rest or cross train	10 min easy warm up. 6 x (4 min 10km pace with 60 seconds jog recovery). 5 min cool down.	90 min easy run

11	35 min easy run	Rest or cross train	Threshold run: 10 min easy warm up. 4 x (10 min threshold with 60 seconds jog recovery). 5 min cool down.	Cross train	Rest or cross train	10 min easy warm up. 6 x (4 min 10km pace with 75 seconds jog recover). 5 min cool down.	50 min easy run
12	30 min easy run	Rest or cross train	No coaching - easy run (30 min)	Rest	20 min easy run with 4 x 30 second strides (accelerating up to a sprint) Race 10k Rest	Race 10k!	Rest