# Free 12 week 5K to 10K programme

There are three key elements in our training programme below:

1. How often
2. How long
3. How intense

There are 3 runs per week scheduled and the length of the run is indicated by the time duration and distance in kilometres. The trickier element to understand is the intensity. You will often see runs described as easy, steady and hard. But what does easy, steady and hard mean?

We are keeping it to just two terms in this programme: Easy running and steady running. The concepts of easy and steady are often quite elusive to beginners or those new to formal running programmes as any run at this stage may not feel easy or steady!

We have handy definitions below to help you understand what we mean by easy and steady running.

**Easy running**

This is your easiest running pace above a walk. It is the pace you can speak whole sentences at and maintain a conversation with a good breath! For example, if you reach a hill and your breathing rate increases then slow down or walk. You are listening to feedback from your body and at no point is the pace pushed or forced.

**Steady running**

Often referred to as moderate, a steady pace is one where you can converse in brief sentences if needed. Your focus will be more on maintaining the slightly higher level of effort. Your breathing rate will be higher than with easy running but not exhaustive.

Remember we are not using maximum efforts, so listen to your body's feedback.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **1** | Rest or x train | Easy Run 25-30mins | Rest or x train | Easy Run  25-30mins | Day off | Rest or x train | Easy Run 4.5-6.5km |
| **2** | Rest or x train | Easy Run 25-30mins | Rest or x train | Easy Run  25-30mins | Day off | Rest or x train | Easy Run  5-7km |
| **3** | Rest or x train | Easy Run 30-35mins | Rest or x train | Easy Run  30-35mins | Day off | Rest or x train | Easy Run 5.5-7.5km |
| **4** | Rest or x train | Easy Run 30-35mins | Rest or x train | Easy Run  30-35mins | Day off | Rest or x train | Easy Run  6-8km |
| **5** | Rest or x train | Easy Run 35-40mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/Steady 6.5-8.5km |
| **6** | Rest or x train | Easy Run 35-40mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/Steady 7-9km |
| **7** | Rest or x train | Easy Run 40-45mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/steady 7.5-9.5km |
| **8** | Rest or x train | Easy Run 40-45mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/Steady 8-10km |
| **9** | Rest or x train | Easy Run 45-50mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/Steady 8.5-10km |
| **10** | Rest or x train | Easy Run 45-50mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/Steady 9-10km |
| **11** | Rest or x train | Easy Run 50-55mins | Rest or x train | Steady Run 35-40mins | Day off | Rest or x train | Easy/Steady 9.5-10km |
| **12** | Rest or x train | Easy Run 55-60mins | Rest or x train | Easy Run  35-40mins | Day off | Rest or x train | **10K time trial!** |
|  | **10km time trial!** It is then time for you to complete your 10K! Choose a familiar running route for your 10K run as this will help ease any nerves and increase your self-confidence. | | | | | | |

**Please note:**

**What do we mean by x train? –** take a walk or a cycle or carry out strengthening exercises. No running permitted!

**Day off:** you could take a walk on your day off, just make sure you keep the exertion to a minimum to reap the benefit from the rest day

**Tuesday run:** This easy run is your endurance building block- this will increase your fitness

**Thursday run:** As you build up the time, by week 5 the duration levels off so that you can focus on improving your pace during this run

**Sunday run:** This is your longer run. Anywhere within the target km range is good. When you’re training for a longer event, running by distance is an important part of training. It can tell you a lot about your fitness level and can help you better understand your pace per kilometre. The pace options changes from week 5 to allow for more advanced runners to perform the weekend distance run at a steady pace. Decide based on how you and your body are feeling as to whether you will complete this longer run at an easy or steady pace.

**Option to complete 10K at week 8 -** As we all respond and develop at different speeds, there is a 10k attempt at week 8 for the fast responders among you!