**Standalone 10km 8 week training plan**

Entered Standalone, already running 3 or 4 times a week but looking for a plan to follow? This plan will get you ready for the big day☺

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!

Depending on your general health and previous medical history you may need to consult your doctor if this plan represents an increase in your exercising.

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1  13th August | Rest or cross train (swim/  cycle/ gym or class) | 10 min easy run then 3 x 1 mile at 10km pace with 2 mins easy between each effort followed by 10 min easy run. If you cannot measure a mile then run on time E.g. if you run 10km in 49.36 this equals 8 mins per mile so run for 8 mins ☺ | Rest or 30 mins easy recovery run or cross train. | 10 mins easy, 15 mins threshold pace (the pace you can manage for 60 mins of running – you should be able to say 4/5 words but not hold a conversation), 10 mins easy | Rest | Rest or 30 mins recovery run or 30 mins cross training (swim/  class/gym) | 7 miles easy |
| Week 2  20th August | Rest or cross train (swim/  cycle/ gym or class) | 10 mins easy then 4 x 1 mile at 10 km pace with 2 mins easy between each effort followed by 10 mins easy | Rest or 30 mins easy recovery run or cross train. | 10 mins easy, 7 x 800m or half the time of your 10km mile pace e.g. 8 min miling run for 4mins at your 5km pace, 10 mins easy | Rest | Rest or 30 mins recovery run or 30 mins cross training (swim/  class/gym) | 8 miles easy |
| Week 3  27th August | Rest or cross train (swim/  cycle/ gym or class) | 10 mins easy, 1 x 2 mile and 1/2 x 1 mile at 10 km pace with 2 mins easy after 2M and 90s after 1M, 10 mins easy | Rest or 30 mins easy recovery run or cross train. | 30 mins easy recovery run | Rest | 5km –First Saturday of the Month on Norton Common 9am start or a parkrun | 6 miles easy |
| Week 4  3rd September | Rest or cross train (swim/  cycle/ gym or class) | 10 mins easy, 1 x 3 miles & 1 or 2 x 1 mile at 10km pace with 2/3 mins recovery after 3M and 90s after 1M, 10 mins easy | Rest or 30 mins easy recovery run or cross train. | 10 mins easy, 20 mins at threshold pace (see week 1), 10 mins easy | Rest | Rest or 30 mins recovery run or 30 mins cross training (swim/  class/gym | 10 miles easy |
| Week 5  10th September | Rest or cross train (swim/  cycle/ gym or class) | 40 mins easy running | Res or 30 mins easy recovery run or cross train. | 10 mins easy, 5 or 6 x 1000m at 5km pace with 90s recovery between each effort, 10 mins easy | Rest | Rest or 30 mins recovery run or 30 mins cross training (swim/  class/gym | 10 miles easy |
| Week 6  17th September | Rest or cross train (swim/  cycle/ gym or class) | 10 mins easy, 1 x 3 miles, 1 x 2 miles & 1 x 1 mile at 10 km pace with 3 mins, 2minsand 90s recovery followed by 10 mins easy | Rest or 30 mins easy recovery run or cross train. | 10 mins easy, 25 mins threshold pace, 10 mins easy | Rest | Rest or 30 mins recovery run or 30 mins cross training (swim/  class/gym | 8 miles easy |
| Week 7  24th September | Rest or cross train (swim/  cycle/ gym or class) | 10 mins easy, 3 x 1 mile starting at 10 km pace and slightly increasing, 90s recovery between each effort, followed by 10 mins easy | Rest or 30 mins easy recovery run or cross train. | 10 mins easy, 30 mins threshold pace, 10 mins easy | Rest | Rest or 30 mins recovery run or 30 mins cross training (swim/  class/gym | 6 miles easy |
| Week 8 1st October | Rest or cross train (swim/  cycle/ gym or class) | 10 mins easy, 2 x 1 mile at 10 km pace with 2 mins recovery, 10 mins easy | Rest | 25 mins easy including 4 x 80m slightly faster strides but not sprinting as you don’t want to get injured! | Rest | Rest | Standalone 10km – enjoy! |