




10 KM 10 WEEK TRAINING PLAN



The Do What You Want 10 week training plan is cunningly designed to fit seamlessly into your life. This is not a training plan dictatorship - if you feel the need to binge watch Netflix on the same day as your long run...change your long run.

So instead of a daily assignment, we bring you seven priority levels each week for you to allocate as you see fit. There are a few rules though (let's call them tips) to help you get the best out of this plan. See overleaf.

	P1	P2	P3	P4	P5	P6	P7
WEEK 1	3 km	2 km	X	rest	rest	rest	rest
WEEK 2	4 km	3 km	X	rest	rest	rest	rest
WEEK 3	4 km	3 km	3 walk	X	rest	rest	rest
WEEK 4	5 km	3 2k hills	3 km	X	rest	rest	rest
WEEK 5	6 km	5 3@EP	4 km	3 walk	rest	rest	rest
WEEK 6	6 km	5 3k hills	4 km	4 walk	3 walk	rest	rest

	P1	P2	P3	P4	P5	P6	P7
WEEK 7	7 km	6 4@EP	4 km	3 km	X	X	rest
WEEK 8	8 km	7 5@EP	6 km	4 km	X	X	rest
WEEK 9	8 km	5 @EP	3 km	3 km	X	rest	rest
WEEK 10		4 km	X	rest	rest	rest	rest

- * Priority 1 and Priority 2 should not be done back to back. Make sure you have at least one day of Priority 3, Priority 4, Crosstrain or Gym, or Rest in between P1 & P2.
- * EP = your desired Event Day Pace ie. 55min for 10km is 5:30 per km pace or 27:30 for 5km
- * Hills means find a loop that includes several hills. Run at a steady pace up the climbs - as the weeks progress you'll find you be able to include these in all of your runs.
- * P1, P3 & P4 should all be done at a comfortable, but steady pace. You should be able to maintain a conversation with your running buddy.
- * X = Cross train. This might be a bike ride, swim, spin class, yoga/pilates or a walk with the dog. Weights should be kept light with high number of reps.
- * On event week make sure you have at least 2 days rest before your 10km event at the G.J. Gardner Whangamatā Half Marathon.



Many thanks to CK Coaching, who created this plan for the PWYW Tauranga Half Marathon.

CK Coaching is all about helping people find the balance between their normal lives and fulfilling their sporting goals.

