



8 WEEK BEGINNER **TRAINING PLAN** – 10K

HILL FORM DRILLS EXPLAINED

Short step - These are similar to high knees, except you aim to place your feet nearly one after another. Upper knee should have a right angle and toes pointing up (dorsiflexion)

Long Step - These are high knees; your feet should be nearly a metre apart per step. Focus on arm movements and posture.

Bound - Ever stretched out to leap over a puddle? That's the idea of these. It's a stretched version of high knees, and may take a couple tries to get used to.

Back Peddle/Sprint - These are easier, for the back peddle try to reach with each step back, keep your arms moving. For the sprint try to keep the form of the previous steps.



TRAINING DEFINITIONS

1. INTERVAL WORKOUT (IW)

Intervals are varied intensity workouts. Run the distance stated within the time frame (or for the time if you don't know the distance) and recover by walking or jogging slowly the same distance.

2. FARTLEKS

Fartleks are tempo style workouts where you run 'on' for a time and then 'off' for a time at a reduced pace; and alternate for the number of sets.

3. FORM DRILLS

Form drills make sure you run the right way, which can be a massive help. Each drill is explained above and are to be done up the hill, jog down, until a set is complete.

4. GYM/PLYO/CROSSTRaining

These are just gym sessions, as lifting is as important to performance as it is recovery. Plyos are good for active strength building.

5. TEMPO RUNS

Tempo is a pace that you should be able to hold for over an hour if you needed to. It's not slow or fast, it's just slightly uncomfortable, just below what your race pace would be.

6. SUNDAY LONG RUN

This run may look intimidating by its distance, but it should be a very slow, casual run. It's being used as an active recovery as well as build conditioning.

**Mon****Tues****Weds****Thurs****Fri****Sat****Sun****1**

2k or 10 Min Warm Up
6 x 200 IW @ 0:35-0:45
W/ equal recovery
2k/10 Min Cool Down

2k/10 Min Warm Up
6 x 300m Fartlek @ 1:45
On - 2:00 Off
3k/15 Min Cool Down

2 k/10 Min Warm Up
Gym/Plyo Session/Cross
Training
2k/20 Cool Down

2k/10 Min Warm Up
Form Drills (preferably on a hill)
3 x sets of short step/long
step/bound/backpeddle/sprint
2k/10 Min Cool Down

4-8k or 20-40
Min Easy Run

REST

10-20k or 40 Min-1 hour
Easy Long Run

2

2k/10 Min Warm Up
6 x 400 IW @ 1:15-2:00
W/ 400 m recovery
2k/10 Min Cool Down

2k/10 Min Warm Up
1 x 1000m @ Tempo W/
3:00 Min Recovery/2 x 600m
@ 2:30-3:00 W/2:00 min
Rec/ 3 x 400 @ 1:15-2:00
W/ 2 min Rec.
2k/10 Min Cool Down

3k/15 Min Warm Up
Gym/Plyo Session/Cross
Training
2k/20 Cool Down

20-30 Min
tempo pace

4-8k/20-40
Min Easy Run

REST

10-20k/40 Min-1 hour
Easy Long Run

3

2k or 10Min Warm Up
8 x 200 IW @ 0:35-0:45
W/ equal recovery
2k/10 Min Cool Down

2k or 10 Min Warm Up
8 x 500 Fartlek @ 1:45
On - 2:30 Off
2k/10 Min Cool Down

2k or 10 Min Warm Up
Gym/Plyo Session/Cross
Training
3k or 20 Cool Down

2k or 10 Min Warm Up
Form Drills (preferably on a hill)
3 x sets of short step/long
step/bound/backpeddle/sprint
3k /15 Min Cool Down

4-8k/20-40
Min Easy Run

REST

10-20k/40 Min-1 hour
Easy Long Run

4

2k/10 Min Warm Up
8 x 400m IW @ 1:15-
2:00 W/ 400 m recovery
2k /10 Min Cool Down

2k/10 Min Warm Up
1 x 1200 @ Tempo W/
3 Min Recovery/2 x 800 @
2:45-3:30 W/2:30 min
Rec/ 3 x 400 @ 1:15-2:00
W/ 2 min Rec.
2k/10 Min Cool Down

2k/10 Min Warm Up
Gym/Plyo Session/Cross
Training
2 k/20 Cool Down

2k/10 Min Warm Up
6 x Hill repeats @ 5k pace
downhill recovery
3 k/15 Min Cool Down

4-8k/20-40
Min Easy Run

REST

10-20k/40 Min-1 hour
Easy Long Run

**Mon****Tues****Weds****Thurs****Fri****Sat****Sun****5**

2k/10 Min Warm Up
10 x 200 Repeats @
0:35-0:50 sec. W/ equal
recovery
2k/10 Min Cool Down

2k/10 Min Warm Up
2 x 400/800/1000
Ladder @ 1:20/2:45/3:30
1:00/2:00/3:00 Rec.
2k/10 Min Cool Down

3k/15 Min Warm Up
Gym/Plyo Session/Cross
Training
2k/20 Cool Down

30-40 Min
tempo pace

4-8k/20-40
Min Easy Run

REST

10-20k/40 Min-1 hour
Easy Long Run

6

2k or 10 Min Warm Up
10 x 400 IW @ 1:15-
2:00 W/ 400 m recovery
2k/10 Min Cool Down

2k/10 Min Warm Up
10 x 500 Fartlek @ 2:00
On - 3:00 Off
2k/10 Min Cool Down

2k or 10 Min Warm Up
Gym/Plyo Session/Cross
Training
2k/20 Cool Down

3k or 15 Min Warm Up
Form Drills (preferably on a hill)
4 x sets of short step/long
step/bound/backpeddle/sprint
3k or 15 Min Cool Down

4-8 k/20-40
Min Easy Run

REST

10-20 k/40 Min-1 hour
Easy Long Run

7

3k/15 Min Warm Up
8 x 400 IW @ 1:10-2:00
W/ equal recovery
3k/15 Min Cool Down

2k/15 Min Warm Up
2 x 400/800/1000
Ladder @ 1:30/3:00/3:45
1:00/2:00/3:00 Rec.
2k/15 Min Cool Down

3k /15 Min Warm Up
Gym/Plyo Session/Cross
Training
2k/20 Cool Down

30-45 Min
tempo pace

4-8k/20-40
Min Easy Run

REST

10-20k/40 Min-1 hour
Easy Long Run

8

2k/10 Min Warm Up
3 x 100/200/400 Ladder
@ 0:15/0:35-0:40/1:00-
1:15W/ equal recovery
2k/10 Min Cool Down

2k/10 Min Warm Up
4 x 800 Fartlek @ 3:00
On - 1:30 Off
2k/10 Min Cool Down

3k/15 Min Warm Up
Light: low weight, high reps
Gym/Plyo Session/Cross
Training
2k/10 Cool Down

20-30 Min
tempo pace

4-8k/20-40
Min Easy Run

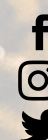
REST**REST****RUN
WEEK**

3-6k/15-30 min
light jog

2-3k/10-15 min
light jog

**Run
Day!**

Follow us and share your training journey!



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