

This training plan is designed for someone who has little or no running experience. The plan consists of 3 runs/week and starts with 1 hour of running/week and peaks at just over 2 hours a week.

The most important things to remember in your training are consistency, and recovery. If you are feeling tired/ill and unable to do some sessions then you may need to adjust the plan slightly. Don't try and cram workouts in, if you missed a few sessions then it won't make too much difference to your overall fitness, as long as you do most of the sessions to the best of your ability. The plan starts as a run/walk plan to get your body used to running while minimising the risk of injury.

Rate of perceived effort (RPE)

There is a rate of perceived effort chart at the back of the plan, for reference. You should do your runs at an easy pace (Z2), but if you want to add some intensity then build up to it gradually, and only do this in 1 session per week.

Timing

I have specified times in the plan rather than mileage, so the units specified are always in minutes/hours.

As the race is off road it is tougher than a road run. Whenever you can, try to replicate the race conditions by running off road or on the course. The sessions are designed to be progressive. If you want to move sessions to different days to fit in with your life that is fine, but try not to run on consecutive days, especially in the first month.

Strength and Conditioning/Cross training

There are rest days in the plan which can be used to cross train or do strength and conditioning work. It is always useful to incorporate some different types of exercise into a plan to promote different patterns of movement and help with injury prevention, just make sure you can still do the run sessions after, so choose low impact easy activities, or activities that you are used to.

I hope you enjoy the training plan, if you do have any questions then just email me info@ltrcoaching.co.uk
Good luck!

10km Training plan Narberth Nobbler. Coaching notes

Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (20mins) Run Start by running 1 minute and walking 90s. Ease in to running gently, by starting off first minute at a gentle jog.</p>	Off Allow time for your body to adapt to training	<p>Workout description (20mins) Run Start by running 1 minute and walking 90s. Ease in to running gently, by starting off first minute at a gentle jog.</p>	Off	<p>Workout description (30mins) Run Start by running 1 minute and walking 90s. If you feel like you can, then increase your pace throughout the set, but don't worry if you can't, the main thing is to get used to running.</p>	1h 10m
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (25mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 17 mins, as 2 minutes run 90s walk. Easy pace. Cool down Walk 3 mins</p>	Off	<p>Workout description (20mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 12 mins as 2 minutes run 90s walk. Easy pace. Cool down Walk 3 mins</p>	Off	<p>Workout description (35mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 25 mins as 2 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set, but don't worry if you can't, the main thing is to get used to running. Cool down Walk 5 mins</p>	1h 20min
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (25mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 17 mins, as 2 minutes run 90s walk. Easy pace. Cool down Walk 3 mins</p>	Off	<p>Workout description (25mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 17 mins, as 2 minutes run 90s walk. Easy pace. Cool down Walk 3 mins</p>	Off	<p>Workout description (40mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 30 mins as 3 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set, but don't worry if you can't, the main thing is to get used to running. Cool down Walk 5 mins</p>	1h 30m
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (25mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 17 mins, as 2 minutes run 90s walk. Easy pace. Cool down Walk 3 mins</p>	Off	<p>Workout description (20mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 12 mins, as 2 minutes run 90s walk. Easy pace. Cool down Walk 3 mins</p>	Off	<p>Workout description (40mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 30 mins as 3 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set, but don't worry if you can't, the main thing is to get used to running. Cool down Walk 5 mins</p>	1h 25min

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Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.	Off	Workout description (25mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 20mins as 5 minutes run 2m walk. Easy pace. Cool down on walk	Off	Workout description (25mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 25mins as 5 minutes run 2m walk. Easy pace. Cool down on walk	Off	Workout description (45mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 37 mins as 5 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set. Cool down Walk 3 mins	1h 40m
Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.	Off	Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 20mins as 8 minutes run 2m walk. Easy pace. Cool down on walk	Off	Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 20mins as 7 minutes run 2m walk. Easy pace. Cool down on walk	Off	Workout description (50mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 42 mins as 8 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set. Cool down Walk 3 mins	1h 50min
Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.	Off	Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 22 mins as 10 minutes run 2m walk. Easy pace. Cool down Walk 3 mins	Off	Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 22mins as 8 minutes run 2m walk. Easy pace. Cool down Walk 3 mins	Off	Workout description (50mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 42 mins as 8 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set. Cool down Walk 3 mins	1h 50m
Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.	Off	Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 20mins as 8 minutes run 2m walk. Easy pace. Cool down on walk	Off	Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 7 minutes walk 2m. Easy pace. Cool down on walk	Off	Workout description (45mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 37 mins as 8 minutes run 90s walk. If you feel like you can, then increase your pace throughout the set. Cool down Walk 3 mins	1h 45m

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Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (30mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 20mins as 10 minutes run 2m walk. Easy pace. Cool down on walk</p>	Off	<p>Workout description (35mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run Run 25mins as 8 minutes run 2m walk, 15mins run. Easy pace. Cool down Walk 5mins</p>	Off	<p>Workout description (60mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run 3 x 15 minutes steady pace with 90s walk recovery. Cool down 5 mins gradually decrease effort and stretch.</p>	2h 5 min
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (30mins) Warm up 5 mins, gradually increase your effort to Z2/RPE 2-3 Run Run 20mins, easy pace. Cool down Walk 5mins</p>	Off	<p>Workout description (35mins) Warm up 5 mins, gradually increase your effort to Z2/RPE 2-3 Run 25mins, easy pace. Cool down Walk 5mins</p>	Off	<p>Workout description (60mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run 40 minutes steady pace Cool down 5 mins gradually decrease effort and stretch.</p>	2h 5 min
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (30mins) Warm up 5 mins, gradually increase your effort to Z2/RPE 2-3 Run Run 20mins as 10 minutes run 2m walk. Easy pace. Cool down Walk 5mins</p>	Off	<p>Workout description (40mins) Warm up 5 mins, gradually increase your effort to Z2/RPE 2-3 Run Run 2 x 15mins with 1min walk break Cool down Walk 3mins</p>	Off	<p>Workout description (60mins) Warm up 5 mins, as 1 minute run 1minute walk. Gradually increase your effort to Z2/RPE 2-3 Run 50 minutes steady pace Cool down 5 mins gradually decrease effort and stretch.</p>	2h 10 m
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	Off	<p>Workout description (25mins) Recovery Run, allows your body to absorb training. Run 25 mins Very easy pace.</p>	Off	<p>Workout description (30mins) Warm up 10m gradually increase your effort to Z2/RPE 2-3 Run 2 x 3m at race pace. Run remainder in Z2/RPE 2-3 Cool down 5 mins gradually decrease effort and stretch.</p>	Off	<p>Race day Time to put all that hard work in to practice, have a great race!</p>	55 min + race

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Rate of Perceived effort/RPE (what it feels like)	Heart rate zone
10 Maximum effort, sprint unable to talk, can only sustain this effort for a very short amount of time, (less than 30s) heart rate will not go up to this level during the time of the interval.	Z6 neuromuscular/power
9 Very hard effort, difficult to breathe, can only speak in single words, can only sustain this effort for a short amount of time. (3-8 minutes)	Z5 V02 max/speed
7-8 Hard effort, short of breath but able to speak in a sentence. Can sustain this effort for a about an hour to an hour and a half.	Z4 Anaerobic/lactate threshold
4-6 Moderate effort, breathing fairly heavily, but can hold a conversation and could continue for several hours at this effort.	Z3 Endurance/tempo
2-3 Easy effort that you can maintain for hours. Easy to breathe and maintain conversation.	Z2 Endurance/Aerobic
1 Very easy effort, low effort needed, easy to breathe, can sustain for a long period of time.	Z1 Recovery/endurance