

10K Training Plan

great
Limerick
run

10k 21k 42k

MAY: 2: 2010

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
22-Feb	Rest/Core	2 mls	CT	2 mls	Rest/Core	2 mls	20 min walk
1-Mar	Rest/Core	2 mls	CT	2 mls	Rest/Core	2 mls	25 min walk
8-Mar	Rest/Core	2 mls	CT	2 mls	Rest/Core	3 mls	30 min walk
15-Mar	Rest/Core	3 mls	CT	2 mls	Rest/Core	4 mls	30 min walk
22-Mar	Rest/Core	3 mls	CT	2 mls	Rest/Core	4 mls	30 min walk
29-Mar	Rest/Core	4 mls	CT	2 mls	Rest/Core	5 mls	35 min walk
05-Apr	Rest/Core	4 mls	CT	2 mls	Rest/Core	4 mls	40 min walk
12-Apr	Rest/Core	4 mls	CT	3 mls	Rest/Core	5 mls	50 min walk
19-Apr	Rest/Core	5 mls	CT	3 mls	Rest/Core	5 mls	60 min walk
26-Apr	Rest/Core	4 mls	Rest	2 mls	Rest	1 ml	Race Day

Recommendations

Do the Core/Conditioning work at least one of the two designated days Monday / Friday. Use this training plan in conjunction with our physio and nutrition advice. Wear a heart rate monitor and let this be your guide.

Monday

Rest or core/strength day.

Tuesday

A 10 minute warm up with stretching. Run at slightly faster than long run pace, 10 Minute cool down. (Pace will be 5k pace)

Wednesday

Cross Training Day, Core, Walk, Swim, Cycle.

Thursday

A 10 minute warm up with stretching. Run at slightly faster than long run pace, 10 Minute cool down. (Pace will be 5k pace)

Friday

As per Tuesday - If you are tired rest here to conserve energy for your Saturday Long run.

Saturday

Long Run - Its Important to start off slowly and find your rhythm. Be guided by your heart rate or breathing. Set your own pace and don't be afraid to stop and walk where required to lower your heart rate and bring breathing back to a level where you can talk comfortably.

Sunday

Run at comfort.

Be able pace to allow muscles to stretch out and recover.

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www.GreatLimerickRun.com

