

EARLY 10k PROGRAM

Week 1



@running_in_the_family



www.britishmilerelays.com

Stretching

Each day we suggest you try and do a light 10-minute yoga session in the morning: for example: <https://youtu.be/TTOTepK01tQ>

Day by Day

Day 1: Launch day!

- 2km easy pace to warm up
- 1km at your current race pace followed by 2 mins slow jog
- 6*50metre strides at 90% of maximum effort (walk back recovery)
- 2km easy pace to warm down followed by light stretches

Day 2: 10 minutes core exercises:

<https://www.youtube.com/watch?v=3ZPdQgLchok>

Day 3: Effort day

- 5 minutes easy pace to warm up
- **Pyramid** of efforts at your current race pace
- Set 1: 1m effort /90secs slow jog/2m effort/90secs slow jog /3m effort
- 3 minutes easy running
- Set 2: 1m effort /90secs slow jog/2m effort/90secs slow jog /3m effort
- 3 minutes easy running
- Set 3: 1m effort /90secs slow jog/2m effort/90secs slow jog /3m effort
- Finish with 5 minutes easy pace to warm down & light stretches

Day 4: Rest

Day 5: 10 minutes core exercises:

https://youtu.be/3q5_sFw69-l

Day 6: Long Run day – most important day of the week!

- 7-8km of easy running (continuous!)
- Try and pick a route with some low hills
- Finish with 6*50metre strides at 90% of maximum effort (walk back recovery)
- Light stretches

Day 7: Rest

