



TRAINING PROGRAM – 10 KM

(THE RUNNING CLINIC)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	10'W 3x (1'R/1'W)	10'W 4x (1'R/1'W)	10'W 5x (1'R/1'W)	10'W 6x (1'R/1'W)	Rest	10'W 7x (1'R/1'W)	10'W 8x (1'R/1'W)
Week 2	Rest	5'W 9x (1'R/1'W)	5'W 10x (1'R/1'W)	10'W 3x (2'R/1'W)	Rest	10'W 4x (2'R/1'W)	10'W 5x (2'R/1'W)
Week 3	Rest	10'W 3x (3'R/1'W)	10'W 4x (3'R/1'W)	10'W 3x (4'R/1'W)	Rest	5'W 4x (4'R/1'W)	5'W 4x (5'R/1'W)
Week 4	Rest	10'R 2x (2'R/1'W)+ 5'R	15'R	4x (4'R/1'W)	Rest	15'R	4 km
Week 5	Rest	10'R 2x (2'R/1'W)+ 5'R	15'R	5x (4'R/1'W)	Rest	15'R	5 km
Week 6	Rest	10'R 3x (2'R/1'W)+ 5'R	20'R	6x (4'R/1'W)	Rest	15'R	6 km
Week 7	Rest	10'R 3x (2'R/1'W)+ 5'R	20'R	10'R 2x (3'R/1'W)+ 5'R	Rest	20'R	7 km
Week 8	Rest	10'R 4x (2'R/1'W)+ 5'R	20'R	10'R 3x (3'R/1'W)+ 5'R	Rest	20'R	8 km

Week 9	Rest	10'R 4x (2'R/1'W)+ 5'R	25'R	10'R 2x (4'R/1'W)+ 5'R	Rest	20'R	9 km
Week 10	Rest	10'R 5x (2'R/1'W)+ 5'R	25'R	10'R 3x (4'R/1'W)+ 5'R	Rest	20'R	10 km
Week 11	Rest	15'R 5x (2'R/1'W)+ 5'R	30'R	10'R 3x (5'R/1'W)+ 5'R	Rest	20'R	11 km
Week 12	Rest	15'R 6x (2'R/1'W)+ 5'R	Rest	20'R	Rest	20'R Eat pasta :)	10 km Competition
Week 13	Rest	Rest	Rest	Rest	Rest	Rest	Rest

R: All trainings to be performed at a running pace perceived as an effort level ranging from “moderate” to “hard.” Duration expressed in minutes (‘) or in km

W: Warm-up or cool-down walk

+: Increase running speed so that you feel you are running at a pace that you perceive as “hard.” This does not mean that you should sprint but that you should rather increase the pace moderately.

Advice

1. Start the program with minimalist shoes (70-85 TRC rating)
2. Run at a pace of 170-190 strides per minute
3. Listen to what your body tells you (reduce training load if need be)
4. Run often (it's better to spread your training load over 4 or 5 days per week than over 2 or 3 days only)

