

TORBAY

HALF MARATHON & 10K



Nuffield Health

Official Health & Wellbeing Sponsor

**TORBAY 10K
TRAINING PLAN & GUIDANCE**

This training plan is for beginner runners looking to run 10km without stopping.

If you've recently completed a 5k, congratulations! Setting a fresh goal and following our plan is a great way to make sure your hard work doesn't stop there.

We understand that doubling the distance from 5k to 10k can look daunting. To help you safely and effectively bridge this gap, your 10km plan will gradually increase the duration and distance of your runs to make sure you avoid becoming fatigued during training.

Our 10km plan includes a progressive running schedule which includes different types of runs, a gym-based strength and mobility programme, and all the information you need to safely cover the 10k distance.



week 1 10k training plan

MONDAY

15 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

**10 X 30 SECOND INTERVALS / 1:00
MINUTE REST**

FRIDAY

**15:00 MINUTE RECOVERY RUN,
SWIM, CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

5K RUN



week 2 half training plan

MONDAY

20 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

**10 X 30 SECOND HILL SPRINTS/ 1:00
MINUTE REST**

FRIDAY

20 MINUTE RECOVERY RUN

SATURDAY

REST

SUNDAY

6K RUN



week 3 half training plan

MONDAY

25 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

**10 X 60 SECOND INTERVALS/ 1:00
MINUTE REST**

FRIDAY

**25 MINUTE RECOVERY RUN, SWIM,
CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

7K RUN



week 4 half training plan

MONDAY

30 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

**10 X 30 SECOND HILL SPRINTS/ 1:00
MINUTE REST**

FRIDAY

**35 MINUTE RECOVERY RUN, SWIM,
CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

8K RUN



week 5 half training plan

MONDAY

35 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

REST

FRIDAY

**35 MINUTE RECOVERY RUN, SWIM,
CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

9K RUN



week 6 half training plan

MONDAY

20 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

**10 X 30 SECOND HILL SPRINTS/ 1:00
MINUTE REST**

FRIDAY

**20 MINUTE RECOVERY RUN, SWIM,
CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

6K RUN



week 7 half training plan

MONDAY

25 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

**10 X 60 SECOND INTERVALS/ 1:00
MINUTE REST**

FRIDAY

**25 MINUTE RECOVERY RUN, SWIM,
CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

7K RUN



week 8 half training plan

MONDAY

20 MINUTE EASY RUN

TUESDAY

STRENGTH AND MOBILITY TRAINING

WEDNESDAY

REST

THURSDAY

REST

FRIDAY

**20 MINUTE RECOVERY RUN, SWIM,
CYCLE, YOGA OR REST**

SATURDAY

REST

SUNDAY

10K RUN