



10KM Plan: 8 Weeks

Intermediate Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	25 min Recovery Run	REST	ParkRun: 1 km warm up 1 km @ 70% 2 km @ 80% 1 km easy	5km Long Run
Week 2	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	25 min Recovery Run	REST	ParkRun: 1 km warm up 1 km @ 70% 2 km @ 80% 1 km easy	6.5km Long Run
Week 3	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	Interval Run: 1 km warm up 2 km @ 70 % 2 km @ 80 % 1 km easy	REST	ParkRun: 5km Recovery Run	8km Long Run
Week 4	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	25 min Recovery Run	REST	ParkRun: 30 mins @ comfortable pace	6km Long Run



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	40min Recovery Run	REST	ParkRun: 2 km @ 50% 2 km @ 70% 1 km @ 50%	9km Long Run
Week 6	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	35min Recovery Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	10km Long Run
Week 7	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	45min Recovery Run	REST	ParkRun: 1 km warm up 1 km @ 70% 2 km @ 80% 1 km easy	8km Long Run
Week 8	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	35 mins @ comfortable pace	REST	1km W/U and drills 4x450 strides 1km W/D	RACE DAY



Legend

Long Run

Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

Recovery Run

An easy 'conversational' pace run to allow your body to actively recover.

DCR Skills Session

Please check Team App for weekly Skills Session info.

HMP (Half Marathon Pace)

The pace you are aiming to run on race day.

10KP (10km Pace)

To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) and what pace you did to achieve this. Eg; a 60 minutes.

Cross Training

As part of this plan we recommend incorporating rest days and non-impact cross/strength training, on the days you are not running. Pilates, Yoga, bike riding or weights sessions are ideal.



Notes

- These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
- A key point to remember when training for a half marathon is that you are predominantly training for distance (not speed). This is why long slow runs are so important.
- The DCR Coaching Team are always happy to help. If you have any questions about training for a half marathon, please email dcrcoaching@gmail.com