

Running Training Plan



Spice — 10k or 6 mile running training plan

Goal

To continue to build an endurance base and move on from merely running 10k to competing at 10k and improving running speed over that distance.

Duration

8 Weeks

This 'Spice' running training plan for 10k follows on from our beginners' 10k schedule (or above). You should be able to run 6 miles or 10k without stopping before starting this schedule. The beginners' schedules prepare runners for distance only. The Spice plans shift focus slightly from distance to time, specifically, preparing the runner to run the distance faster. The 10k spice plan is similar to the 5k spice plan, with just a little more focus on running faster for longer.

As we get fitter through running training our speed increases and hence sustaining a given pace will become easier. However, after some weeks of training this improvement begins to slow down and will eventually plateau. To move on to the next level we need to continue to build a firm endurance base and also introduce faster running to our training; this is what the Spice training plans address.

This schedule has some variations, in the form of an optional running session, and also some body conditioning sessions and exercises. Whether you run these optional sessions or not will depend on many factors including: your age, determination, time availability, and rate of development. The rule is simple: if you feel like doing them, then do so, but if they do not work for you or your lifestyle, or you feel over-stretched, then leave them out. The schedule is designed to develop running speed with or without them, whilst also keeping training levels within sensible and manageable limits.

The increased training intensity means that body conditioning becomes more important. Being able to run is only one facet of fitness. Often, it is not until we start some body conditioning exercises that we realise how unfit we actually are. Many runners only start to address their running style or their strength after they become injured, and muscle weakness or imbalance has been diagnosed. But prevention is far better than cure. Body conditioning will not only make you more injury resistant, it will also make you a better and more durable runner. The Running Training Plan website has details of some specific [body conditioning exercises for runners](#); introducing some of these to your training week will benefit your running.

Some of the warm-ups have a slight but significant difference. These are before the speed sessions and are not only longer, but they are active; on the website you can find details of these [10 minute active warm-ups](#), they will prepare you for training and — when the time is right — racing.

As with all our training plans, the training days might not fit exactly with your lifestyle, so you might prefer to adapt as necessary. Do keep to the same basic structure, and importantly, do not train hard on consecutive days at this stage.

This Spice plan offers just an introduction to 'speed' training; it is still important at this stage to be building a firm foundation of endurance.

Weeks one and two introduce some faster running. The actual speed is not important at this stage, what is important though, is that there's a distinction between running and jogging. It's a faster pace than the one you are probably used to, and this is why we only do it in short bursts. This is the beginning of repetition and interval training, and it's where the real development in running fitness happens.

In this schedule the bursts of faster running (or 'repetitions') range from 2 minutes to 8 minutes. You'll run the shorter repetitions at a faster pace than the longer ones. During these faster phases concentrate on your running form: focus on lifting the knees higher and picking your heels up closer to your bottom as your leg comes through for the next stride.

Weeks one and two

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min light jog	jog 35 min	0.40	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 40 mins	0.45	post-session stretch
Friday		Rest or brisk 20 min walk/jog		
Saturday		Rest		
Sunday	5 min light jog	jog 25 mins walk 1 min (repeat x2)	0.52	post-session stretch
Monday		Rest		
Tuesday	5 min light jog	run 8 mins, jog 3mins (repeat x2)	0.27	post-session stretch
Wednesday		rest		
Thursday	5 min light jog	jog 45 mins	0.50	post-session stretch
Friday		Rest or brisk 20 min walk/jog		
Saturday				
Sunday	5 min light jog	jog 60 mins	0.65	post-session stretch
Total exercise time for 14 days			4.39	

From weeks three and four, the repetitions or interval training now feature once a week. There is

no need to do more than this at this stage of your running development.

Weeks three and four

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	10 min active	run 6 mins, jog 3 mins (repeat x 3)	0.37	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 45 mins	0.50	post-session stretch
Friday		Rest or brisk 20 min walk/jog		
Saturday		Rest		
Sunday	5 min light jog	jog 70 mins	0.75	post-session stretch
Monday		Rest		
Tuesday	10 min active	run 3 mins, jog 2 mins (repeat x 8)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 45 mins	0.50	post-session stretch
Friday		Rest or brisk 25 min walk/jog		
Saturday		Rest		
Sunday	5 min light jog	jog 70 mins	0.75	post-session stretch
Total exercise time for 14 days			5.37	

Weeks five and six include some key sessions for very effective endurance running training. In our later schedules, these will be timed and measured accurately to ensure training is carried out at optimum paces. For now though, it's enough to get familiar with running faster and the concept of differing training speeds.

During week eight, we have an interval session with recoveries of just one minute; this is a taste of things to come in our more advanced schedules.

It is important to run all the repetitions at a consistent pace throughout each session, this might not come easy to begin with, but it does get easier as your pace judgement develops.

Weeks five and six

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	10 min active	run 7 mins, jog 2 mins (repeat x 4)	0.46	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 45 mins	0.50	post-session stretch
Friday		Rest or brisk 25 min walk/jog		
Saturday		Rest		
Sunday	5 min light jog	jog 75 mins	0.80	post-session stretch
Monday		Rest		
Tuesday	10 min active	run 6 mins, jog 2 mins (repeat x 6)	0.58	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 45 mins	0.40	post-session stretch
Friday		Rest or brisk 25 min walk/jog		
Saturday				
Sunday	5 min light jog	jog 80 mins	0.85	post-session stretch
Total exercise time for 14 days			5.59	

As usual, the post-session stretch is short-duration, restorative stretching (10-15 secs each muscle).

Any more intensive stretching is best done separately from your running sessions.

Weeks seven and eight

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	10 min active	run 4 mins, 1 min (repeat x 8)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 45 mins	0.50	post-session stretch
Friday		Rest or brisk 25 min walk/jog		
Saturday		Rest		
Sunday	5 min light jog	jog 80 mins	0.85	post-session stretch
Monday		Rest		
Tuesday	10 min active	run 6 mins, jog 1 min (repeat x 6)	0.52	post-session stretch
Wednesday		Rest		
Thursday	5 min light jog	jog 45 mins	0.45	post-session stretch
Friday		Rest or brisk 25 min walk/jog		
Saturday		Rest		
Sunday	5 min light jog	jog 80 mins or 10k race	0.85	post-session stretch
Total exercise time for 14 days			6.07	

Special Notes

This training plan is for runners who have completed our beginners 10k schedule, or can run continuously for 10k or 6 miles; it is not for everyone new to running. Some people should speak to their doctor before undertaking any form of physical exercise, in particular, those who are (or have):

- More than 20% over their ideal weight
- More than 40 years old
- A smoker or ex-smoker
- Pregnant
- Personal or family history of heart trouble
- High blood pressure, diabetes or other medical condition

If in doubt about the suitability of this schedule to your current health then consult a medical expert, such as your GP or family doctor.