

10KM INTERMEDIATE TRAINING PLAN

Welcome to your 10km intermediate training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

The 10km run distance is not to be taken lightly. It's an excellent test of your fitness and your commitment to training. Covering 6.2 miles is a tremendous achievement and from beginning your training, to lining up at the start and finishing, preparing for and completing a 10km run is a great experience.

Don't forget to warm up and cool down prior to any form of exercise. You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on events@parkinsons.org.uk.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	20min easy run	20min tempo	Rest	30min easy run	Rest	Long run: 5km (approx. 3 miles)
2	Rest	20min easy run or cross train	30min tempo run	Rest	30min easy run	Rest	Long run: 8km (approx. 5 miles)
3	Rest	30min easy run	30min tempo run	Rest	40min easy run	Rest	Long run: 10km (approx. 6 miles)
4	Rest	20min easy run or cross train	30min intervals	Rest	40min easy run	Rest	Long run: 11km (approx. 7 miles)
5	Rest	20min easy run	30min tempo run	Rest	30min easy run	Rest	Long run: 13km (approx. 8 miles)
6	Rest	30min easy run or Cross train	30min tempo run	Rest	Rest	Rest	Long run: 13km (approx. 8 miles)

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest	30min easy run	30min tempo run	Rest	40min easy run	Rest	Long run: 8km (approx. 5 miles)
8	Rest	30min easy run or Cross train	5km steady	Rest	15min easy run	Rest	Race day!

Glossary:

Easy run - An easy run is classed as an effort that you'd be able to maintain for a long duration. This would generally be around a 5 or 6 out of 10 effort in regards to the rate of perceived exertion (RPE).

RPE - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 6 out of 10 for one person might be totally different for another.

Intervals - Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of 9 out of 10. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or running track to help you get the distances and times right.

Tempo - is another type of run training whereby you run slightly slower than your 10km race pace. For example, if you plan to run a 10km in 50 minutes your race pace would be 5 minutes per km. On a tempo run you'd aim slightly above this time and do 5:30 minutes per km instead.

Long Run - this is your longest run of the week. The aim of this run isn't to run fast but to get the distance in the legs. This run should be a little harder than your easy run but not as hard as you tempo for example. Aim for a pace around 6 or 7 out of 10 in regards to RPE.

Rest - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity. On a rest day it is a good idea to stretch, foam roll or even do a bit of cross training. This means anything other than running, so you could swim, cycle or go to the gym.

Interval sessions:

Example 1

30 seconds fast run - 8 or 9 out of 10 effort
2 minutes easy jog - 4 or 5 out of 10 effort
x 8 sets = 20 minutes altogether

Example 2

3 minutes fast run - 8 or 9 out of 10 effort
4 minutes easy jog - 4 Or 5 out of 10 effort
x 5 sets = 35 minutes altogether

RPE Scale	
10	Maximal effort (sprinting)
9	Really Really Hard
8	Really Hard
7	Harder
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

Disclaimer:

Parkinson's UK cannot accept any responsibility for death, injuries or loss caused by any information contained within this Guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity. By using the information in this Guide you agree to indemnify, defend, and hold all the parties referred to above, harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us, is based on or arises in connection with your use of this Guide, any breach by you of these terms and conditions or a claim that your use of this Guide infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.