



Cattle Creep Events x The Running Hub

Hello and welcome to your training plan. Thank you for making the investment to becoming a #StrongerFitterFaster runner. This document will detail everything you need to know to help you improve your 10km time over the next 8 weeks.

Before starting this plan you should be running regularly 2-3 times a week already. If you haven't, then factor in 3-4 weeks of consistent running again before starting the plan.

You will be completing 3 - 4 runs per week. There is a fourth run which is optional, feel free to do it or take an extra rest day dependent on your previous running experience and remember to listen to your body.

The plan is structured to allow for enough recovery time between sessions, if you need to change the plan slightly to fit with your lifestyle then ensure you are resting as much as possible between training days. If you miss a few runs, please do not try to chase the plan. Doing too much, too close together can sometimes have a negative impact rather than positive and this is when injuries can occur.

The plan involves a variety of different types of runs. This is the secret to getting quicker. To run faster, you must run faster. Simple, right? I'm so excited for you to get faster, have some fun and enjoy the training process.

Be prepared to put in the hard work and see the results!

For any further information or support follow @therunninghubcommunity on Instagram

Coach Katie and James x

@Jamesdown1986

@run_with_coachkatie

GLOSSARY



EASY PACE	Easy pace should be exactly that, you should be able to hold conversation at this pace. It should feel relaxed and comfortable and be slower than your goal 10km pace. These runs help to build your aerobic base.
TEMPO PACE	These sessions are to increase your Aerobic Capacity so should be running at around 70-80% effort level. These are tough workouts but help to build speed and confidence. Ensure you complete a 5 - 10 minute warm up and cool down either side of the tempo workout/effort.
INTERVAL PACE	This is where the fun begins. We will be using intervals to work on your goal or target 10km pace, so you want to be working on that here or a little faster. These sessions include shorter bursts of running at your target pace with recovery breaks of walking. Always complete a 5 - 10 minute warm up and cool down either side of the interval session.
CROSS TRAINING	This can be a swim, bike ride, walk or gym session. This allows us to build more training into our week but without increasing the intensity load too much. It allows our running legs to recover but also gain some benefits in other areas.
REST DAY	Rest days are just as important as training days. This will allow your body to recover, reap the adaptations from the previous training and allow you to get ready for the next session ahead.

**YOGA /
STRETCHING**

Please make sure you incorporate stretching, foam rolling and yoga into your week. With the increased intensity of this plan, your body will love you for it and it will help you to remain injury free.

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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Training	10 x 1 Minute	Yoga / Stretching	30 Minutes Easy	Rest	30 Minutes Easy	45 Minutes Easy 'Long Run'
Comments		10 Min Warm Up - 1 Minute Steady Pace followed by 1 Minute Walk Recovery. 10 Min Cool Down	Core Work	Stretch		Optional additional run	Stretch
2	Cross Training	3 x 1km 2 Minutes Recovery	Yoga / Stretching	30 Minutes Easy	Rest	Rest	45 Minutes Easy 'Long Run'
Comments		10 Min Warm Up. Aim for 10 seconds a KM quicker than goal race pace. 10 Min Cool Down.	Core Work	Stretch			Stretch
3	Cross Training	1 Mile Time Trial	Yoga / Stretching	30 Minutes Steady	30 Minutes Easy	Rest	60 Minutes Easy 'Long Run'
Comments		10 - 15 Min Warm Up either side. 1 mile full effort, be sure to progress into mile rather than starting too fast.	Core Work	Stretch	Optional additional run		Stretch
4	Cross Training	5 x 1km 2 Minutes Recovery	Yoga / Stretching	3 Miles - Include 1 at Race Pace	30 Minutes Easy	Rest	60 Minutes Easy 'Long Run'
Comments		10 Min Warm Up. Focus on goal race pace. 10 Min Cool Down.	Core Work	Stretch	Optional additional run		Stretch
5	Cross Training	10 x 400m 90 Seconds Recovery	Yoga / Stretching	4 Miles - Include 2 at Race Pace	40 Minutes Easy	Rest	70 Minutes Easy 'Long Run'
Comments		Targeting faster than race pace, but a pace that can be held for all 10. Make sure to warm up and cool down.	Core Work	Stretch	Optional additional run		Stretch
6	Cross Training	8 x 800m 2 Minutes Recovery	Yoga / Stretching	5 Miles - Include 3 at Race Pace	40 Minutes Easy	Rest	75 Minutes Easy 'Long Run'
Comments		Aim for slightly faster than race pace but an effort you can sustain for all reps. Include your usual warm up and cool down.	Core Work	Stretch	Optional additional run		Stretch
7	Cross Training	4 x 800m 2 Minutes Recovery 2 x 400m 60 Seconds Recovery	Yoga / Stretching	5 Miles - Include 3 at Race Pace	30 Minutes Easy	Rest	60 Minutes Easy 'Long Run'
Comments		Run the 800s at Race Pace and the 400s slight faster. Warm Up and Cool Down too.	Core Work		Optional additional run		Stretch
8	Cross Training	20 Minutes - 1 Minute Fast, 1 Minute Easy x 10	Yoga / Stretching	30 Minutes Easy	Rest	20 Minutes Easy	RACE DAY
Comments		Be sure to do a warm up and cool down, the fast efforts should be manageable so the run flows well.	Core Work		Stretch	Optional additional run	