

WEEK 1

Distance: 4.8km (3 miles)
Keep the speed consistent.
Try finding a flat route.

Interval:
2 mins steady pace (fast walk or jog).
1 minute intense pace.

Repeat 6 to 8 times

Distance: 4.8km (3 miles)
Maintain constant speed.
Find a hilly route.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 3

Distance: 6.4km (4 miles)
Keep the speed consistent.
Try finding a flat route.

Interval:
2 mins steady pace (fast walk or jog).
1 minute intense pace.

Repeat 10 to 12 times

Distance: 6.4km (4 miles)
Maintain constant speed.
Find a hilly route.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 5

Distance: 8km (5 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Hills:
Find a hill with a steady incline (about 100-500M), run steadily up the hill and maintain your speed, jog or walk down the hill.

Repeat for 30 minutes

Speed/Distance: 5km (3.1 miles)
Aim to run at your race pace for the entire run.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 2

Distance: 4.8km (3 miles)
Keep the speed consistent.
Try finding a flat route.

Interval:
2 mins steady pace (fast walk or jog).
1 minute intense pace.

Repeat 8 to 10 times

Distance: 4.8km (3 miles)
Maintain constant speed.
Find a hilly route.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 4

Distance: 6.4km (4 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Hills:
Find a hill with a steady incline (about 100-500M), run steadily up the hill and maintain your speed, jog or walk down the hill.

Repeat for 30 minutes

Distance: 6.4km (4 miles)
Maintain constant speed.
Find a hilly route.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 6

Distance: 8km (5 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Sprint Training:
20 second sprints.
40 seconds rest.

Repeat 10 - 12 times

Speed/Distance: 6.4km (4 miles)
Aim to run at your race pace for the entire run.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

stafford 10K TIPS

Mix the terrain you run on e.g. trail/ off road, road running, hilly run, flat run etc.



Have days off in between runs, recovery is important to prevent injury and promote recovery.

Ensure you get the right trainers for you! Wear them e.g. walk around in them during the day. Also wear the same ones you will wear for your race!



Warm Up properly before your session to prevent injury and make sure your body is prepared for exercise, for example: Walking for 5 minutes, body weight squats, lunges, calf raises, straight leg swings, side leg lifts, skipping etc.



Cool Down properly to again prevent injury and to aid recovery after your sessions, for example: walking for 5-10 minutes (walk longer if you done a longer distance).



Stretch after your session and cool down to prevent injury and help recovery. You want to hold each stretch for 30 seconds minimum at a mild discomfort to get full benefit.



Add resistance training into your programme for all over body, this will help prevent injuries, improve your running technique, improve posture and general fitness. 2 - 3 times a week is ideal.

WEEK 7

Distance: 10km (6.2 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Sprints:
20 second sprints.
40 seconds rest.

Repeat 10 - 12 times

Threshold:
1 mile at a steady pace.
3 miles at race pace.
1 mile at a steady pace.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 9

Distance: 12.8km (8 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Hill Sprints:
20 second sprints.
40 seconds rest.

Repeat 16 - 18 times

Find small hill with a sharp incline or 5-6% on treadmill.

Threshold:
2 miles at a steady pace.
4 miles at race pace.
2 miles at a steady pace.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 8

Distance: 11.2km (7 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Hill Sprints:
20 second sprints.
40 seconds rest.

Repeat 14 - 16 times

Find small hill with a sharp incline or 5-6% on treadmill

Threshold:
1 mile at a steady pace.
4 miles at race pace.
1 mile at a steady pace.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

WEEK 10

Distance: 16km (10 miles)
Keep the speed consistent.
Try finding a mixed terrain and hilly route.

Hill Sprints:
20 second sprints.
40 seconds rest.

Repeat 18 - 20 times

Find small hill with a sharp incline or 5-6% on treadmill.

Threshold:
2 miles at a steady pace.
4 miles at race pace.
2 miles at a steady pace.

● *If on treadmill put gradient of 0.5-1.5% and aim to run outside 1 - 2 times*

FOR MORE TRAINING
GUIDANCE AND TIPS VISIT:

www.staffordbc.gov.uk/momentum

01785 619500   Momentum Gyms