Riverside Runners - 12 Week Training Plan – 5mile to 10km

The general 12 week training plan for the 5mile or 10km race distance is a guide for runners who are looking for some ideas. It is best to talk to either a club coach or an experienced runner to create the best plan for your individual needs. There are many general training plans available, but only a small percentage of runners will benefit from them. This is due to many reasons such as; current abilities, family commitments, work and bouts of illness or life's general challenges. If you do decide to attempt the training without any further guidance have no fear in adapting the training plan for yourself; such as changing the rest days, increasing or decreasing the run distances or time to what suits you! More importantly you should ensure you are healthy before you attempt any physical activities! To help you progress, Sleep well, eat healthily, be aware of the signs of over-training and find training partner to help you both achieve those Personal Bests (PB). Consider swimming or other activities on your rest days and enjoy.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	5mile easy club run	50mins easy run	Rest	6miles relaxed club run	15mins Jog/Warm up 8 x 1min hill reps with jog back recovery 10mins cool down/jog	Rest	8mile easy
2	5mile easy club run	10mins jog/Warm up 20mins worth of Fartlek (speed play) training 10mins jog/cool down (or club speed work)	Core stability / circuits	6miles relaxed club run	15mins Jog/Warm up 4 x 3-5min per loop at 10km race pace incorporating a hill with 2mins recovery 10mins cool down/jog	Rest	10miles easy
3	5mile easy club run	50mins at marathon pace	Core stability / circuits	6miles relaxed club run	Rest	15mins warm up. 5km time trial (Cambridge Park Run) 10min Cool down.	8miles easy
4	5mile easy club run	15mins jog/Warm up 10 x 2mins at 10km race pace with 1min recovery 10mins cool down/jog (or club speed work)	Core stability / circuits	50mins relaxed club run picking up the pace for the last 5mins.	15mins Jog/Warm up 10 x 1min hill reps with jog back down the hill recovery 10mins cool down/jog	Rest	12miles
5	Rest	15min Jog/Warm up 4 x 1mile at 10km race pace with 3min recovery 10min cool down/jog (or club speed work)	Core stability / circuits	7miles relaxed club run	15min Jog/Warm up 6 x 3-5min loop at 10km race pace incorporating a hill with 2mins recovery 10min cool down/jog	Rest	10miles

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	5mile easy club run	15mins Jog/Warm up 2 x sets of 4 x 800m (half mile) at 5km race pace with 1min 30sec recovery 10mins cool down/jog (or club speed work)	Rest	50mins at marathon pace	15mins Jog/Warm up 12 x 1min hill reps with jog back down the hill recovery 10mins cool down/jog	Rest	12miles pick up to marathon pace last 10mins.
7	5mile easy club run or Rest	10min jog/Warm up 20min worth of Fartlek (speed play) training 10min jog/cool down (or club speed work)	Core stability / circuits	8miles relaxed club run	Rest	20min jog	Race over a distance of 5km up to 10miles
8	5mile easy club run or Rest	45mins at marathon pace, finish with 5mins at 10km pace (total 50mins)	Rest	8miles relaxed club run	15mins Jog/Warm up 6 x 3min loop at 10km race pace incorporating a hill 1½ min recovery 10mins cool down/jog	Rest	12miles
9	5mile easy club run	15mins Jog/Warm up 8 x 800m (half a mile) at 5km race pace with 1min recovery 10mins cool down/jog (or club speed work)	Core stability / circuits	7miles relaxed club run	15mins Jog/Warm up 12 x 1min hill reps with jog back recovery 10mins cool down/jog	Rest	10miles
10	5mile easy club run	15mins jog/warm up 4 x 1mile at 5km race pace with 3mins recovery 10mins cool down/jog (or club speed work)	Core stability / circuits	6miles relaxed club run	10mins jog/Warm up 40mins worth of Fartlek (speed play) training 10mins jog/cool down	Rest	12miles
11	Rest	15mins jog/warm up 2 sets 8 x 1½min with 45sec recovery, 3mins between sets 10mins cool down/jog (or club speed work)	Rest	6miles relaxed club run	15mins Jog/Warm up 6 x 3min loop at 10km race pace around a slope with 1½min recovery 10mins cool down/jog	Rest	8miles
12	5mile easy club run	50mins easy pick up the pace last 5mins	Rest	5miles easy club run	Rest	20min jog	**5mile or 10km race**

Riverside Runners – 5mile to 10km - 12 Week general training plan.