



# Societi, the U.K. Foundation for Kawasaki Disease

## 10KM TRAINING PLANS

### Pick a plan

There are three plans you can choose from based on the amount of time you can commit to training, be honest with yourself. How frequently do you think you can train, three or four times a week?

You may not be new to running, so we have also included an intermediate level training plan.

The training plans are designed to be easy to follow and the following information should help you in navigating your way through the plan.

Train hard and enjoy your race day!

### Training days

The days the plan suggests you train do not necessarily need to be stuck to, however, do ensure you keep a rest day between the tougher sessions.

### Pacing

For long runs, keep your pace consistent – although you may feel tired you want to be able to run the end of the run as fast as you ran at the start.

For interval sessions, the idea is to adapt your body to get it used to running faster. Keep your efforts on each interval consistent. It is no good running like the wind in the first sessions and then struggling to recover for the next session. You want to increase your pace steadily and peak for the race day.

The tempo run is to be completed at approximately a 80% effort, so faster than your long runs, but slower than your interval sessions.

### Rest days

There are plenty of rest days from running, you may have other activities you do on these days off from running, or you may plan to do other activities. Yoga and Pilates are great activities to do on rest days to help improve your flexibility. Otherwise, just enjoy the rest day!

### Not having a good day?

A training plan, is just a plan. If you're not well or too busy, sticking to the training plan may not be the best idea. However, running is a great release of endorphins and can sometimes give you that lift you need. You'll be the best judge of whether to run or not. But do not play catch up if you miss a run, just let it go.

### Final note:

Make sure you warm up and warm down for your training sessions, when you finish your sessions refuel your body.



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## BEGINNERS PLAN: TRAINING THREE TIMES A WEEK

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	Warm Up (WU): 5 min slow jog. Session: 1 min fast run, 1 min walk x 10, Warm Down (WD): 5 min slow jog	REST	20 minute steady run	REST	REST	30 minute steady run
2	REST	WU: 5 min slow jog. Session: 2 min fast run, 1 min walk x 8, WD: 5 min slow jog	REST	30 minute steady run	REST	REST	40 minute steady run
3	REST	WU: 5 min slow jog. Session: 3 min fast run, 90 secs very slow jog x 8, WD: 5 min slow jog	REST	Tempo 30 minute run	REST	REST	50 minute steady run
4	REST	WU: 5 min slow jog. Session: 2 min fast run, 1 min very slow jog x 12, WD: 5 min slow jog	REST	Tempo 35 minute run	REST	REST	One hour steady run
5	REST	WU: 5 min slow jog. Session: 1 min fast run, 1 min very slow jog x 20 WD: 5 min slow jog	REST	Tempo 40 minute run	REST	REST	One hour steady run
6	REST	Tempo run: 30 minute run	REST	20 minute steady run	REST	REST	<b>RACE DAY</b>



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## BEGINNERS PLAN: TRAINING FOUR TIMES A WEEK

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 minute steady run	Warm Up (WU): 5 min slow jog. Session: 1 min fast run, 1 min walk x 10, Warm Down (WD): 5 min slow jog	<b>REST</b>	20 minute steady run	<b>REST</b>	<b>REST</b>	30 minute steady run
2	20 minute steady run	WU: 5 min slow jog. Session: 2 min fast run, 1 min walk x 8, WD: 5 min slow jog	<b>REST</b>	30 minute steady run	<b>REST</b>	<b>REST</b>	40 minute steady run
3	20 minute steady run	WU: 5 min slow jog. Session: 3 min fast run, 90 secs very slow jog x 8, WD: 5 min slow jog	<b>REST</b>	Tempo 30 minute run	<b>REST</b>	<b>REST</b>	50 minute steady run
4	20 minute steady run	WU: 5 min slow jog. Session: 2 min fast run, 1 min very slow jog x 12, WD: 5 min slow jog	<b>REST</b>	Tempo 35 minute run	<b>REST</b>	<b>REST</b>	One hour steady run
5	20 minute steady run	WU: 5 min slow jog. Session: 1 min fast run, 1 min very slow jog x 20 WD: 5 min slow jog	<b>REST</b>	Tempo 40 minute run	<b>REST</b>	<b>REST</b>	One hour steady run
6	20 minute steady run	Tempo run: 30 minute run	<b>REST</b>	20 minute steady run	<b>REST</b>	<b>REST</b>	<b>RACE DAY</b>



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## INTERMEDIATE PLAN: TRAINING FOUR TIMES A WEEK

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	30 minute steady run	Warm Up (WU): 5 min slow jog. Session: 2 min fast run, 1 min very slow jog x 12, Warm Down (WD): 5 min slow jog	<b>REST</b>	Tempo 30 minute run	<b>REST</b>	<b>REST</b>	40 minute steady run
2	30 minute steady run	WU: 5 min slow jog. Session: 1 min fast run, 1 min very slow jog x 24 WD: 5 min slow jog	<b>REST</b>	Tempo 35 minute run	<b>REST</b>	<b>REST</b>	50 minute steady run
3	30 minute steady run	WU: 5 min slow jog. Session: 3 min fast run, 90 secs very slow jog x 8, WD: 5 min slow jog	<b>REST</b>	Tempo 40 minute run	<b>REST</b>	<b>REST</b>	One hour steady run
4	30 minute steady run	WU: 5 min slow jog. Session: 2 min fast run, 1 min very slow jog x 12, WD: 5 min slow jog	<b>REST</b>	Tempo 40 minute run	<b>REST</b>	<b>REST</b>	One hour steady run
5	30 minute steady run	WU: 5 min slow jog. Session: 1 min fast run, 1 min very slow jog x 24 WD: 5 min slow jog	<b>REST</b>	Tempo 40 minute run	<b>REST</b>	<b>REST</b>	50 minute steady run
6	<b>REST</b>	Tempo run: 30 minute run	<b>REST</b>	20 minute steady run	<b>REST</b>	8 minute very slow jog, 4 minute sprint, 8 minute very slow jog.	<b>RACE DAY</b>