



ENERGY 10K TRAINING PLAN

HERE IS A 10K TRAINING PLAN DESIGNED FOR WOMEN. THIS PLAN IS NOT ONE-SIZE-FIT-ALL. IT IS ADAPTABLE TO YOUR DAILY SCHEDULE, WHETHER IT IS PACKED OR NOT - SO YOU CAN OWN YOUR ENERGY BETTER DURING TRAINING.





ENERGY 10K TRAINING PLAN

WHAT

The goal of this 10K plan is to get you to the starting line of any 10K race feeling confident and ready to run. To make use of this training plan, which contains four workouts per week, you should already be comfortable with running a 5km distance and should commit to at least two of the run workouts each week (including the long run). As the training plan builds in intensity, there'll always be a workout option to suit your schedule. And if you're looking for a race to train towards, sign up to our virtual 10K – in the box at the bottom of the page.

WHY

Taking a personalized approach means that you'll train in a way that suits your schedule. You'll only do as much as you choose to. Pick from a selection of light, moderate, and high intensity workouts. This plan has it all covered.

HOW

Each day you'll choose the intensity of your workout from 1 to 10 so the plan can present you with either a lighter or more intense workout option. There are four workouts a week in total, offering a balance of strength and drills to improve your technique, fitness, and to lower the risk of injury, plus a long run to build endurance. Watch an introduction to the training plan [HERE](#)

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LISTEN TO THE OWN YOUR ENERGY PLAYLIST [HERE](#)

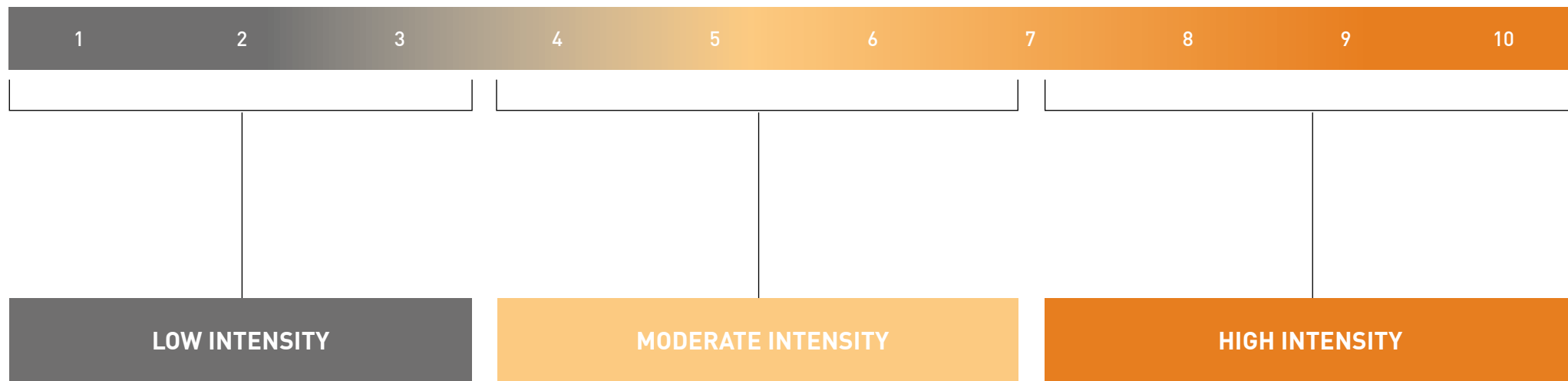




ENERGY 10K TRAINING PLAN

As the plan builds in intensity over the next 9 weeks, there'll always be a workout option to suit your schedule. Each day you'll be asked to choose the intensity of your workout from 1 to 10 to match your needs.

CHOOSE THE INTENSITY OF YOUR WORKOUT



This plan is for those who can comfortably run a 5km distance. The goal is to get you to the starting line feeling confident and ready to run. You'll need to commit to at least two of the workouts each week and make sure one of them is the long run. Workouts will include drills to improve your form, technique, fitness and lower the risk of injury.

The information provided in this training plan is for guidance purposes only, and does not substitute for professional medical advice. You should always consult a medical professional or healthcare provider if you're seeking medical advice.

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ENERGY 10K TRAINING PLAN

WEEK_01

	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY	30 MINS EASY RUN+ 30 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	TECHNICAL RUNNING WORKOUT 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT HERE		LONG RUN+ 5KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT HERE
	MODERATE INTENSITY	ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.	30-40 MINS EASY RUN+ 30-40 MINS EASY RUN AT PACE 5/10 + 5 X 100M STRIDES + MOBILITY OR YOGA		LONG RUN 5KM TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE. YOU CAN TAKE A 1 MIN WALKING BREAK EVERY KM IF DOING THE 5KM IN ONE PUSH FEELS TOO DAUNTING.
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.		
	NOTES		Drills improve your running technique by working on coordination, tendon stiffness, and the time your feet spend in contact with the ground. They should be done during a technical running workout, or in preparation for tempo and fartlek workouts. You'll need a 20-30 meter stretch for each drill. Make sure you warm up for at least 15-20 minutes before you start and take a short walking break after each one. Strides are designed to improve your running form and speed. The idea is to lengthen your stride while maintaining your cadence (the speed at which your feet turnover). Strides are best done after an easy or technical running workout, or to prepare your body ahead of tempo work. You'll need a 100 meter stretch of road, track, or other evenly surfaced ground. Start with an easy running pace and then every couple of meters, increase your speed gradually by lengthening your stride until you're almost sprinting.		Your core includes your back, abdominal, and pelvic muscles. Keeping it strong is so important for your stability and your running form – especially in the later stages of your run when you're tired. At least one core workout a week is essential.

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ENERGY 10K TRAINING PLAN

WEEK_02

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY 30 MINS EASY RUN+ 30 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	R	30 MINS EASY RUN+ 30 MINS EASY RUN + 30 MINS 30 MINS DYNAMIC STRETCHING WATCH DYNAMIC STRETCHING HERE	TECHNICAL RUNNING WORKOUT 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT HERE	R	LONG RUN+ 7KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT HERE
	MODERATE INTENSITY ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.	E	ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.	30-40 MINS EASY RUN + 30-40 MINS EASY RUN AT PACE 5/10 + 5 X 100M STRIDES + MOBILITY WORK OR YOGA	E	LONG RUN 7KM RUN TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE. YOU CAN TAKE A 1 MIN WALKING BREAK EVERY KM IF DOING THE 7KM IN ONE PUSH FEELS TOO DAUNTING.
	LOW INTENSITY			TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.	S	

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ENERGY 10K TRAINING PLAN

WEEK_03

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	R E S T	1 HR CROSS TRAINING	FARTLEK WORKOUT 10 MINS WARM UP + DRILLS + 30 MINS HILLY FARTLEK (ALTERNATE: 10 X 1 MIN FAST / 1 MIN EASY + 10 X 30 SECS FAST / 30 SECS EASY) WATCH DRILLS WORKOUT HERE	R E S T	LONG RUN+ 9KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT HERE
	MODERATE INTENSITY ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	40 MINS RUN+ 40 MINS RUN AT AN EASY PACE (5/10). IF YOU FEEL LIKE IT, INCLUDE 10 X 30 SECS FASTER / 1.5 MINS EASIER FOR THE LAST 20 MINS OF YOUR RUN.		LONG RUN 9KM RUN TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE. YOU CAN TAKE A 1 MIN WALKING BREAK EVERY KM IF DOING THE 9KM IN ONE PUSH FEELS TOO DAUNTING.
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	NOTES		Cross training is any activity that gets your heart rate up without heavy impact. Activities include cycling, swimming, roller skating, power walking, using the cross trainer, or rowing machine. Cross training is ideal for active recovery after a running workout and building your endurance without overloading your bones, joints, and muscles. Choose an activity you enjoy and mix it up!	Fartlek is a method of training designed to improve your fitness, pacing, speed and (especially with hilly fartleks) your strength and endurance – and it's meant to be fun. The idea is to change your pace during a continuous run. You can do this at random, simply by increasing or reducing your speed at various points; or you can structure the intervals by distance or time. If there are no hills, change your pace every few minutes.		

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ENERGY 10K TRAINING PLAN

WEEK_04

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	R E S T	1 HR CROSS TRAINING	FARTLEK WORKOUT 10 MINS WARM UP + DRILLS + 40 MINS HILLY FARTLEK (ALTERNATE: 10 X 2 MINS FAST / 1 MIN EASY + 5 X 1 MIN FAST / 1 MIN EASY) WATCH DRILLS WORKOUT HERE	R E S T	LONG RUN+ 9KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT HERE
	MODERATE INTENSITY ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	50 MINS EASY RUN+ 50 MINS RUN AT AN EASY PACE (5/10). IF YOU FEEL LIKE IT, INCLUDE 10 X 30 SECS FASTER / 1.5 MINS EASIER DURING THE LAST 20 MINS OF YOUR RUN. IF YOU DON'T FEEL LIKE RUNNING, TRY 30 MINS OF CROSS TRAINING INSTEAD.		LONG RUN 9KM RUN TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE. YOU CAN TAKE A SHORT WALKING BREAK EVERY KM IF DOING THE 9KM IN ONE PUSH FEELS TOO DAUNTING.
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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ENERGY 10K TRAINING PLAN

WEEK_05

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	R E S T	1HR CROSS TRAINING	HILL RUNS 10 MINS WARM UP + DRILLS 10 X 45 SECS UP A SMOOTH HILL + REST ON THE JOG BACK DOWN. (ALTERNATIVE ON TREADMILL: 45 SECS ON AN INCLINE, THEN STEP OFF THE TREADMILL FOR 30 SECS REST) WATCH DRILLS WORKOUT HERE	R E S T	TEMPO RUN 10 MINS WARM UP + DRILLS 3KM AT PACE 6/10 2KM AT PACE 7/10 1KM AT PACE 8/10 WATCH DRILLS WORKOUT HERE
	MODERATE INTENSITY ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	PROGRESSIVE RUN 50 MINS PROGRESSIVE RUN STARTING AT AN EASY PACE (5/10) AND PROGRESSING TO 7/10 TOWARDS THE END + 6 X 100M STRIDES UP A SMOOTH INCLINE		30 MINS EASY RUN OR 45 MINS CROSS TRAINING IF YOU FEEL LIKE IT, INCREASE YOUR PACE CONTINUOUSLY FOR THE LAST 10 MINS OF YOUR RUN TO FINISH STRONG. FOR CROSS TRAINING, INCREASE THE EFFORT FOR THE LAST 10 MINS.
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	NOTES			Hill runs improve your strength, endurance, technique and speed. During hill runs you should aim for an effort level of no more than 7-8. Hill runs are best done on a smooth and gradual incline – not a steep hill. If you don't live in a hilly area, bridges over rivers often have just the right amount of incline. You should choose a hill you can run up while keeping good running form.		This tempo run is meant to build your confidence and give you a feel for faster paces. Use the first 3km of this 6km run to settle into a fast but controlled pace and push yourself a little harder in the last 1km.

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ENERGY 10K TRAINING PLAN

WEEK_06

	MON	TUE	WED	THU	FRI	SAT OR SUN	
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY	R E S T	30 MINS EASY RUN+ 30 MINS EASY RUN + 30 MINS DYNAMIC STRETCHING WATCH DYNAMIC STRETCHING HERE	TECHNICAL RUNNING WORKOUT 30 MINS WARM UP RUN + DRILLS + 10 X 100M STRIDES WATCH DRILLS WORKOUT HERE	R E S T	LONG RUN+ 9KM RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT HERE	
	MODERATE INTENSITY		30 MINS CROSS TRAINING	ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU.		30-40 MINS EASY RUN+ 30-40 MINS EASY RUN AT RECOVERY PACE (< 5/10) + 5 X 100M STRIDES + MOBILITY WORK OR YOGA IF YOU DON'T FEEL LIKE RUNNING OR DOING STRIDES, TRY 30 MINS OF CROSS TRAINING INSTEAD.	LONG RUN 9KM RUN AT EASY PACE TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	LOW INTENSITY			TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	NOTES					Try to focus on your running form during these sessions.	

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ENERGY 10K TRAINING PLAN

WEEK_07

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MINS STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	R E S T	1 HR CROSS TRAINING	FARTLEK WORKOUT 10 MINS WARM UP + DRILLS 5 X 4 MINS RUN AT PACE 7/10 + 3 X 1 MIN RUN AT PACE 8/10 + 5 X 30 SECS RUN AT PACE 9/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT HERE	R E S T	1 HR CROSS TRAINING
	MODERATE INTENSITY ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	LIGHTER FARTLEK WORKOUT 10 MINS WARM UP + DRILLS 4 X 2 MINS RUN AT PACE 7/10 + 3 X 1 MIN RUN AT PACE 8/10 + 5 X 30 SECS RUN AT PACE 9/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT HERE		30 MINS CROSS TRAINING
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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ENERGY 10K TRAINING PLAN

WEEK_08

	MON	TUE	WED	THU	FRI	SAT OR SUN
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY 40 MINS EASY RUN+ 40 MINS EASY RUN + 30-45 MIN STRENGTH WORKOUT WATCH STRENGTH WORKOUT HERE	R E S T	1 HR CROSS TRAINING	FARTLEK WORKOUT 10 MINS WARM UP + DRILLS 2 X 5 MINS RUN AT PACE 6/10 + 4 X 3 MINS RUN AT PACE 7/10 + 3 X 1 MIN RUN AT PACE 8/10 + 5 X 30 SECS RUN AT PACE 9/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT HERE	R E S T	LONG RUN+ 10K RUN + 30 MINS CORE WORKOUT WATCH CORE WORKOUT HERE
	MODERATE INTENSITY ADJUST YOUR EXPECTATIONS AND GO AT A GENTLE PACE. YOU COULD EASE THE PRESSURE BY LEAVING YOUR WATCH AT HOME AND ASKING A FRIEND TO JOIN YOU. YOU CAN SKIP THE STRENGTH WORKOUT TODAY.		30 MINS CROSS TRAINING	LIGHTER FARTLEK WORKOUT 10 MINS WARM UP + DRILLS. 1 X 4 MINS RUN AT PACE 6/10 + 3 X 2 MINS RUN AT PACE 7/10 + 3 X 1 MIN RUN AT PACE 8/10 + 5 X 30 SECS RUN AT PACE 9/10 (EACH RECOVERY: 2 MINS JOG) WATCH DRILLS WORKOUT HERE		LONG RUN 10K RUN AT AN EASY PACE TAKE IT EASY! THIS RUN IS ABOUT COMPLETING THE DISTANCE.
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			

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ENERGY 10K TRAINING PLAN

WEEK_09

	MON	TUE	WED	THU	FRI	SAT
CHOOSE WORKOUT INTENSITY	HIGH INTENSITY		FARTLEK WORKOUT 10 MINS WARM UP + DRILLS 3 X 3 MINS AT PACE 6/10 WITH 2 MINS WALKING BREAK + 3 X 2 MINS AT PACE 7/10 WITH 2 MINS WALKING BREAK + 5 X 30 SECS AT PACE 9/10 WITH 1 MIN WALKING BREAK WATCH DRILLS WORKOUT HERE	30 MINS EASY RUN+ 30 MINS EASY RUN + 30 MINS DYNAMIC STRETCHING WATCH DYNAMIC STRETCHING HERE		WARM UP+ 20 MINS WARM UP JOG + DRILLS + 5 X 100M STRIDES WATCH DRILLS WORKOUT HERE
	MODERATE INTENSITY		PROGRESSIVE RUN+ 50 MINS PROGRESSIVE RUN STARTING AT EASY PACE (5/10) AND PROGRESSING TO 7/10 TOWARDS THE END + 6 X 100M STRIDES. OR A LIGHTER OPTION: 40 MINS EASY RUN + 6 X 100M STRIDES WITH A WALKING BREAK BACK TO THE START.	WALK OR REST DON'T FORCE YOURSELF TO TRAIN TODAY. CHOOSE THE LOW INTENSITY WORKOUT IF YOU NEED TO. IF YOU WANT TO GET OUTSIDE, GO FOR A WALK. THIS IS RACE WEEK SO THE EXTRA REST WILL HELP YOU!		
	LOW INTENSITY		TAKE IT EASY TODAY. IF YOU STILL FEEL LIKE MOVING A LITTLE, DO GENTLE YOGA, PILATES, STRETCHING, OR GO FOR A WALK OUTSIDE.			
	NOTES		If you don't feel like a fast workout today, don't worry, it's not going to make or break your race at this stage.			

RACE WEEK

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ENERGY 10K TRAINING PLAN

SUNDAY RACE DAY

HIGH INTENSITY	10K RACE
MODERATE INTENSITY	ADJUST YOUR EXPECTATIONS SLIGHTLY AND GO EASY ON YOURSELF. START SLOWER AND AIM FOR A PROGRESSIVE RUN. IT'S VERY NORMAL TO FEEL A BIT SHAKY JUST BEFORE YOU START A RACE. BUT ONCE YOU GET GOING, AND RELAX INTO YOUR PACE, YOU'LL FIND YOUR RHYTHM AND HOPEFULLY START TO ENJOY IT!
LOW INTENSITY	REST. YOU CAN RACE ANOTHER DAY. AS SOON AS YOU HAVE ANOTHER CHANCE, REASSESS, AND RUN THE 10K WHEN YOU'RE READY.



CHOOSE WORKOUT INTENSITY

RACE WEEK

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KEEP TRACK OF YOUR WORKOUT DAYS

You are the owner of your training plan, so use the table below to note down which workout you do on each day to keep track of your progress. Remember you'll need to commit to at least two of the workouts each week and make sure one of them is the long run.

	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							

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IF YOU WANT TO DO SOME OF YOUR WORKOUTS WITH OTHER LIKE-MINDED RUNNERS,
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THE GLOSSARY

CHECK OUT THE NOTES SECTION OF THE TRAINING PLAN FOR A MORE DETAILED EXPLANATION OF EACH WORKOUT.

DRILLS

Drills improve your running technique by working on coordination, tendon stiffness and the time your feet spend in contact with the ground. They should be done during a technical running workout, or in preparation for tempo and fartlek workouts. You'll need a 20-30 meter stretch for each drill. Make sure you warm up for at least 15-20 minutes before you start and take a short walking break after each one.

CORE WORKOUTS

Your core includes your back, abdominal, and pelvic muscles. Keeping it strong is so important for your stability and your running form – especially in the later stages of your run when you're tired. At least one core workout a week is essential. You can find lots of great strength and core workouts in the adidas training app [HERE](#)

CROSS TRAINING

Cross training is any activity that gets your heart rate up without heavy impact. Activities include cycling, swimming, roller skating, power walking, using the cross trainer or rowing machine. Cross training, is ideal for active recovery after a running workout and building your endurance without overloading your bones, joints, and muscles. Choose an activity you enjoy and mix it up!

FARTLEK

Fartlek is a method of training designed to improve your fitness, pacing, speed and (especially with hilly fartleks) your strength and endurance – and it's meant to be fun. The idea is to change your pace during a continuous run. You can do this at random, simply by increasing or reducing your speed at various points; or you can structure the intervals by distance or time. You can find both options in your training plan. So play around, mix it up and have fun with it!

STRENGTH WORKOUTS

Never underestimate the value of strength training when it comes to reaching your running goals. One strength training workout a week can help prevent injuries. It will also help you to maintain your speed, endurance, and running form – in the later stages of a race.

PACE 1-10

To help you judge your own level of effort, our training plan uses a pace scale of 1-10. You can think of level 1 as your resting effort (such as relaxing on the sofa), level 4-5 as your casual running pace and level 10 as your all-out fastest pace. For easy runs and long runs you should aim for a 4-5. For tempo workouts and fartleks aim for a 6-8 – and maybe even a 9 in the last minute if you're feeling up for it

STRIDES

Strides are designed to improve your running form and speed. The idea is to lengthen your stride while maintaining your cadence (the speed at which your feet turnover). Strides are best done after an easy or technical running workout, or to prepare your body ahead of tempo work. You'll need a 100 meter stretch of road, track, or other evenly surfaced ground. Start with an easy running pace and then every couple of meters, increase your speed gradually by lengthening your stride until you're almost sprinting.

HILL RUNS

Hill runs improve your strength, endurance, technique, and speed. During hill runs you should aim for an effort level of no more than 7-8. Hill runs are best done on a smooth and gradual incline – not a steep hill. If you don't live in a hilly area, bridges over rivers often have just the right amount of incline. The hill you choose should enable you to run up it while keeping good running form.

LONG RUN

Your long run is, as the name suggests, the most distance you'll cover each week. It should be done at your usual running pace or slower; start out at an easy pace and, if you feel like it, build your speed when you're around 75% of the way through. During long runs, you should never feel so out of breath that you can't speak in full sentences comfortably.

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