

St Nicholas Hospice Care
10K RUN
Sponsored by **JAYNIC**

7 WEEK TRAINING PLAN

BROUGHT TO YOU BY

**MORETON HALL
RUNNERS**
training for all

INTRODUCTION

Welcome to your 10k training plan.

This plan is a guide to help you achieve your goal for the St Nicholas 10K on Sunday 8th October 2023.

We advise you personalise this plan to work best for you. With over 200 runners expected on race day, it is difficult to put together a “one plan fits all” programme.

The plan has 4 days of running specific training per week, however, if you can only do 3 days of running then do 3 days of running. Don't set yourself up to fail. On the other hand, if you can run 5 days a week then do this also.

Same goes for mileage, feel free to run more or less miles than the plan suggests depending on your availability and current fitness levels.

To help you understand paces we'll use “Nicholas” as an example runner.

Nicholas is looking to run 10k in 59:59

This works out at 9:39 per mile

3k pace: 8:30 - 8:45 per mile

5k pace 8:45 - 9:00 per mile

10k pace 9:39 per mile

Half marathon pace 10:15 - 10:30 per mile

Easy run pace 10:39 - 11:09 per mile

MoretonhallRunners is an all inclusive, community running group that run training sessions on a Tuesday and Thursday evening 6:30pm.

Our aim is to make running fun and accessible to all, encouraging you to do different styles of training.

If you'd like more information on your programme or are interested in joining our group feel free to get in touch moretonhallrunners@hotmail.com | 07917714557

7 WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	EASY RUN 2-3 miles	STRENGTH WORKOUT	REST DAY	HILL REPEATS 45 secs 60% effort 2 mins walking recovery 8-12 sets	EASY RUN 2-3 miles	REST DAY	3-4 MILES LONG RUN At HM pace
WEEK 2	EASY RUN 2-3 miles	STRENGTH WORKOUT	REST DAY	SPEED SESSION 6 mins at 10km pace 90 sec recovery 6 sets	EASY RUN 2-3 miles	REST DAY	4 MILES LONG RUN At HM pace
WEEK 3	EASY RUN 3-4 miles	STRENGTH WORKOUT	REST DAY	SPEED SESSION 2.5 mins at 3-5km pace 90 sec recovery 6 sets	EASY RUN 3-4 miles	REST DAY	3-5 MILE LONG RUN 1 mile HM pace 2 miles target 10k pace 1 mile HM pace
WEEK 4	EASY RUN 3-4 miles	STRENGTH WORKOUT	REST DAY	SPEED SESSION 3 mins at 5km pace 90 sec walking recovery 8 sets	EASY RUN 3-4 miles	REST DAY	3-5 MILE LONG RUN 1 mile HM pace 3 mile target 10k pace 1 mile HM pace

7 WEEK TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	EASY RUN 4-5 miles	STRENGTH WORKOUT	REST DAY	HILL REPEATS 45 secs 70% effort 2 mins walking recovery 8-12 sets	EASY RUN 4-5 miles	REST DAY	5-7 MILE LONG RUN 2 miles HM pace 2 mile target 10k pace 2 miles HM pace
WEEK 6	EASY RUN 4-5 miles	STRENGTH WORKOUT	REST DAY	SPEED SESSION 6 mins at 10km pace 90 sec walking recovery 6 sets	EASY RUN 5-6 miles	REST DAY	5-7 MILE LONG RUN 1 miles HM pace 4 miles target 10k pace 1 miles HM pace
WEEK 7	EASY RUN 2-3 miles	STRENGTH WORKOUT	REST DAY	EASY RUN 2-3 miles	EASY RUN 2-3 miles	REST DAY	RACE DAY! GOOD LUCK!

EASY RUN

You should be able to hold a conversation. Take it easy and enjoy the run.

STRENGTH WORKOUT

Complete one of the sessions created by PT Lucy Cronin

REST DAY

Relax! Your body needs time to recover.

SPEED SESSION

Interval training sessions improve your overall speed.

LONG RUN

Build up the miles and get yourself ready for Race Day!

3-5km pace = Fast Run

10km pace = Race Day Pace

HM pace = Half Marathon Pace, slower than race day pace but faster than easy run pace

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GOOD LUCK!

**MORETON HALL
RUNNERS**
training for all

**7 WEEK
ULTIMATE
10KM STRENGTH
TRAINING PLAN**

Building strength is key to your running performance; for speed, endurance and to reduce your chance of injury.

Try to work at 8/10 effort in your strength sessions with 2 reps left in reserve at the end of your set. So for example, after your 3 x sets, you should have 2 more reps left in the tank. This indicates you're pushing yourself, getting stronger each week, but not overdoing it. You can complete the exercises in the strength programme with or without weights, its your workout, you decide! Just remember to work at your 8/10 for effort.

Focus on your sleep, hydration and diet as well as your strength and running workouts to get the most out of this programme.

If you have any questions at any time, message me direct on Instagram on @lucycroninpt or send me an email to Lucy@MoretonHallHealthClub.co.uk.

If you'd like extra support, sign up to our training programme which includes 1 x in person strength session a week with myself at Moreton Hall Gym (Tuesdays 6:50-7:30pm) and 1 x running session with Joe from Moreton Hall Runners (Tuesdays 6:30-7:30pm OR Thursdays 6:30-7:30pm).

You can also join our Facebook Group: Moreton Hall 10km Run Group

Good Luck and see you on Race Day!

Lucy

Moreton Hall

HEALTH CLUB

WEEK 1

WARM UP: HIP FLEXOR STRETCH KNEE ON FLOOR,
TORSO ROTATIONS, ANKLE STRETCH, HAMSTRING
STRETCH

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. SQUAT
2. LUNGE
3. RDL
4. CALF RAISES
5. GLUTE RAISES
6. PLANK
7. BACK EXTENSIONS

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE
STRAIGHT), GLUTE STRETCH, QUAD STRETCH,
HAMSTRING STRETCH



WEEK 2

WARM UP: WALK OUT TO PLANK X3, HIP FLEXOR STRETCH KNEE ON FLOOR, TORSO ROTATIONS, ANKLE STRETCH, HAMSTRING STRETCH

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. WIDE SQUAT
2. SIDE LUNGES
3. RDL (INCREASE WEIGHT)
4. CALF RAISES OFF A STEP
5. GLUTE RAISES (INCREASE WEIGHT)
6. PLANK HIP DIPS
7. REVERSE CRUNCHES

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE STRAIGHT), GLUTE STRETCH, QUAD STRETCH, HAMSTRING STRETCH



WEEK 3

WARM UP: WALK OUT TO PLANK X3, HIP FLEXOR STRETCH KNEE **OFF** FLOOR, TORSO ROTATIONS, ANKLE STRETCH, HAMSTRING STRETCH

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. NARROW SQUAT
2. CLOCK LUNGES
3. RDL WITH PAUSE
4. CALF RAISES SUPER SLOW
5. GLUTE RAISE MARCHES
6. PLANK KNEE INS TO CHEST
7. LEG LOWERS

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE STRAIGHT), COBRA, PIGEON STRETCH, QUAD STRETCH, HAMSTRING STRETCH, KNEES TO SIDE LAYING ON BACK



WEEK 4

WARM UP: WALK OUT TO PLANK X3, HIP FLEXOR STRETCH KNEE **OFF** FLOOR, TORSO ROTATIONS, ANKLE STRETCH, SQUAT + ROLL DOWNS

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. PULSE SQUAT
2. FORWARD LEANING LUNGES
3. B STANCE RDL
4. CALF RAISE PULSES
5. B STANCE GLUTE RAISES
6. PLANK KNEE INS TO ELBOW SLOWLY
7. PRESSUPS

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE STRAIGHT), CAT COWS, PIGEON STRETCH, QUAD STRETCH, HAMSTRING STRETCH, KNEES TO SIDE LAYING ON BACK



WEEK 5

WARM UP: MOBILITY WALKOUT X3, ANKLE STRETCH,
SQUAT + ROLL DOWNS

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. PULSE HOLD
2. FORWARD LEANING LUNGE PULSES
3. SINGLE LEG RDL
4. B STANCE CALF RAISES
5. SINGLE LEG GLUTE RAISES
6. PLANK KNEE INS TO CHEST AND HOLD
7. TRICEP DIPS

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE STRAIGHT), CAT COWS, PIGEON STRETCH, QUAD STRETCH, HAMSTRING STRETCH, KNEES TO SIDE LAYING ON BACK



WEEK 6

WARM UP: MOBILITY WALKOUT X3, ANKLE STRETCH,
SQUAT + ROLL DOWNS

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. B STANCE SQUAT TO CHAIR
2. SINGLE LEG LUNGES
3. SINGLE LEG RDL WITH WEIGHT
4. SINGLE LEG CALF RAISES
5. SINGLE LEG GLUTE PULSES
6. PLANK FAST KNEE INS/ MOUNTAIN CLIMBERS
7. BENT OVER ROWS

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE STRAIGHT), FEET TOGETHER KNEES WIDE IN SEATED POSITION, PIGEON STRETCH, QUAD STRETCH, HAMSTRING STRETCH, HUG KNEES IN LAYING ON BACK AND ROCK SIDE TO SIDE



You're nearly at the end of your training programme, well done for staying consistent!

When it comes to your last session, we want to make sure you don't ache ahead of race day. Think about how you've felt after the previous workouts and how many days it took you to recover. I would recommend doing this strength session 6 days before the event.

If you have any questions, send me a message on Instagram @lucycroninpt or send me an email to Lucy@MoretonHallHealthClub.co.uk.

Lucy

WEEK 7

WARM UP: MOBILITY WALKOUT X3, ANKLE STRETCH,
SQUAT + ROLL DOWNS

7 EXERCISES, 40 SECONDS ON, 20 SECONDS OFF X3

1. SL SQUAT TO CHAIR
2. SINGLE LEG LUNGE PULSES
3. RDL'S
4. CALF RAISES
5. GLUTE PULSES WITH SHOULDERS ON CHAIR
6. DEADBUG
7. RUSSIAN TWISTS

1 MINUTE REST.
X3

STRETCH: CALF STRETCHES (KNEE BENT, KNEE STRAIGHT), FEET TOGETHER KNEES WIDE IN SEATED POSITION, PIGEON STRETCH, QUAD STRETCH, HAMSTRING STRETCH, HUG KNEES IN LAYING ON BACK AND ROCK SIDE TO SIDE

