



# EILISH MCCOLGAN'S 10K TRAINING PLAN

## 10 WEEKS

This training plan assumes you already have a base level of running fitness and can complete a 20 minute easy run without undue difficulty.

<b>DAY</b>	<b>ACTIVITY</b>	<b>EILISH'S TIPS</b>
1	15 minutes of easy running.	
2	Rest	
3	Rest	
4	10min run/2min walk/10min run	Think about your posture during your run. Running with good posture puts less stress and impact on the joints, which reduces injury risk and increases efficiency, meaning you can run longer with less exertion.
5	Rest	
6	20 minutes of easy running.	You're up to 20 minutes of running today. Try to keep your pace steady so that you finish running the same speed as you started.
7	Rest	
8	15 minutes of easy running.	
9	Rest	
10	Rest	
11	20 minutes of easy running.	The training is starting to build up now. Stay focused on your goal and try to keep to your training routine.
12	Rest	
13	20 min easy run with 5x20s strides	Strides are a great way to work on your running form. Focus on pumping your arms and driving your knees for 20 seconds. They should feel controlled but faster than your easy run pace. Take a 60s walk between each stride.
14	25 minutes of easy running.	As your runs increase try to find new running routes to keep things interesting.
15	Rest	
16	20 minutes of easy running.	
17	Rest	
18	Rest	

<b>DAY</b>	<b>ACTIVITY</b>	<b>EILISH'S TIPS</b>
19	5min easy jog, 4x2min runs with 1min walk recovery, 5min easy jog	Aim to run this interval session around 70-75% effort. We want you to feel like you could do another few repetitions at the end.
20	Rest	
21	25 minutes of easy running.	Wearing the right running shoes can help with comfort and injury prevention. A specialist running store can advise you on the right running shoes for your foot type and running style.
22	Rest	
23	15 minutes of easy running.	You should be getting into good shape now and hopefully enjoying your running! If your struggling for motivation try to find other like minded people to run with.
24	Rest	
25	20 min easy run & 5x20s strides min easy run & 5x20s strides	
26	Rest	
27	10 minutes of easy running.	
28	30 minutes of easy running.	Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle, with your elbows at your sides. Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level.
29	Rest	
30	15 minutes of easy running.	
31	Rest	
32	15 minutes of steady running.	Your second steady run. Try to run a little harder than your easy runs but don't try to push too hard.
33	Rest	
34	10 minutes of easy running.	
35	35 minutes of easy running.	You're up to 30 minutes of running now. Remember to relax and keep your running pace at a nice steady rate.
36	Rest	

<b>DAY</b>	<b>ACTIVITY</b>	<b>EILISH'S TIPS</b>
37	20 minutes of easy running.	
38	Rest	
39.	5min easy jog, 2x5min runs with 1min walk recovery, 5min easy jog	Another fartlek run. Aiming to run a little harder for 5mins and holding that faster rhythm throughout. This should feel like a challenge.
40	Rest	
41	15 minutes of easy running.	Rest if you're feeling tired
42	40 minutes of easy running.	40 minutes of running is not easy so you've done well to reach this point. Keep your pace comfortable - the aim is to finish the run.
43	Rest	
44	15 minutes of easy running.	
45	Rest	
46	20 minutes of paced running.	Aiming to run around 10-20% faster than your easy run pace.
47	Rest	
48	15 minutes of easy running.	
49	25 minutes of easy running.	You have another long run coming, so keep it easy today.
50	Rest	
51	50 minutes of easy running.	
52	Rest	
53	10 min steady run, 2min walk, 10min steady run.	If you run on roads, make sure you're running in the opposite direction of cars. You'll be much safer if you can see cars coming at you rather than having them at your back.
54	Rest	
55	15 minutes of easy running.	Rest if you're feeling tired

<b>DAY</b>	<b>ACTIVITY</b>	<b>EILISH'S TIPS</b>
56	60 minutes of easy running.	
57	Rest	
58	20 minutes of easy running.	Just a couple of weeks to go if you have a race at the end of your training plan. Your training will start to 'taper' now getting a little easier to have you fresh for race day.
59	Rest	
60	40 minutes of easy running.	
61	Rest	
62	10 minutes of easy running.	
63	20 minutes of easy running.	
64	Rest	
65	20 minutes of easy running.	Keep your final few training runs easy if you are racing within the week. You can't gain by training hard so the key is to stay fresh and get ready for event day.
66	Rest	
67	15 minutes of easy running.	
68	Rest	
69	10 minutes of easy running.	A short run the day before the race will not tire you out or negatively impact your performance in any way. It helps by getting the muscles loose and the body prepared to run hard the following day.
<b>70</b>	<b>EVENT</b>	If you're running in an event today, don't go off too fast, pace yourself and be proud of your achievements so far and enjoy your big day!