

INTERMEDIATE TEN MILER TRAINING PLAN

Welcome to the Chichester Ten Miler Intermediate Training Plan! Devised by local running expert, Graham Jessop, this 13 week plan will guide you through your training to get you ready to run the Chichester Ten Miler on Sunday 7th October 2018. This training plan is designed for runners who wish to complete the race in around 1.5 hours and who have some experience of running prior to starting training. You should begin this plan with a moderate level of fitness. Always check with your Doctor if you have any health concerns or injuries.

Start this Training Plan on Monday 9th July. *If you have a holiday planned, or know that some weeks will be hard to train, then consider starting this training plan a week or two early to make up any weeks you'll lose later in the summer.*

Your training should be a mix of 'Easy Runs', 'Tempo Runs' and 'Long Steady Runs'.

Easy Run This is a shortest run in the week which is designed as a recovery run.

Tempo Run This is the faster run of the week, designed to get you working harder. You should maintain a quick pace for this run, faster than your average pace.

Speed Work Speed work, either using intervals or hills, builds your aerobic fitness, strength and speed. Interval training involves running fast, but not sprinting, over a set distance or time at an effort level of 10. Hill running involves keeping your pace roughly constant, but increasing intensity to effort level 10 by changing the gradient that you're running up. Follow each hard run with an easy one of at least the same length, then repeat. You can use a treadmill to help you get the distances, times or gradients right. You can use markers like lamp posts or repeat runs of the same short hill, like a footbridge or section of road.

Long Steady Run This is all about preparing your cardiovascular system, muscles and joints for Race Day, by building up the amount of time you spend running. They should aim to be at about your race pace / or normal running pace in the beginning weeks. By week 7, you should be running for 5-6 miles or 60 minutes continuously. Don't worry if these runs feel slow at first, as you get fitter and stronger you will start to run faster and get closer to your half marathon pace.

Aim to start each run with a 5 -10 minute warm up of brisk walking. End each run with a cool down (either a slow jog or brisk walk) for 5-10 minutes and finish with some stretching when you're back at home. If you're feeling tired, or have been unwell, be sensible and adapt or reduce your training session. Seek advice from your doctor if you're injured.

Remember, rest days are just as important as your training; they help your body to recover and build fitness for the next run. It's also important to eat well and keep hydrated during all your training. Read our tips and advice on Nutrition and Hydration.



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Milestones & Notes |
|----------------|--------|---------------------|----------------------|----------|--------------------------------|-----------------------|------------------------------------|--|
| Week 1 | Rest | Easy Run 30 mins | Tempo Run 20 mins | Rest | Cross Training 30 mins | Easy Run 30 mins | Long Steady Run 3 miles (5km) | |
| Week 2 | Rest | Easy Run 30 mins | Tempo Run 20 mins | Rest | Cross Training 30 mins | Speed Work 30 mins | Long Steady Run 3 miles (5km) | |
| Week 3 | Rest | Easy Run 40 mins | Tempo Run 40 mins | Rest | Cross Training 30 mins | Speed Work 30 mins | Long Steady Run 4 miles (6km) | |
| Week 4 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 30 mins | Speed Work 30 mins | Long Steady Run 4 miles (6km) | |
| Week 5 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 30 mins | Long Steady Run 6 miles (10km) | |
| Week 6 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 40 mins | Long Steady Run 4 miles (6km) | You're nearly halfway through your training plan, keep up the good work! |
| Week 7 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 40 mins | Long Steady Run 6 miles (10km) | You're now past the half way point - well done! |
| Week 8 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 40 mins | Long Steady Run 6 miles (10km) | |
| Week 9 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 40 mins | Long Steady Run 8 miles (13km) | |
| Week 10 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 40 mins | Long Steady Run 8 miles (13km) | |
| Week 11 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 40 mins | Speed Work 30 mins | Long Steady Run 10 miles (19km) | This week marks the end of your serious training! Now you can begin to taper |
| Week 12 | Rest | Easy Run 40 mins | Tempo Run 30 mins | Rest | Cross Training 30 mins | Speed Work 40 mins | 6 miles (10km) at Race Pace | Don't be tempted to run further this week, even if you feel strong, it's important to taper your training ready for next weekend! |
| Week 13 | Rest | Easy Run 30 mins | Easy Run 30 mins | Rest | Cross Training 30 mins easy | Rest | Race Day! | Don't forget to read our tips on preparing for Race Day! |