

Reading Roadrunners' 10 k Coaching Plan



Reading Roadrunners' 10 k Coaching Plan						
Prepared by	peter higgs				10k improvement	
Delivered by	peter higgs			Fitness Aims	Technical Aims	
Dates:	This session will help you:	Warm up	Fundamentals (ABC)	Physical Prep	Technical Drills	Running activities 1
						Running Activities 2
26 Feb 20	scorpions finishing the race strong with a hard push to the finish line	2 warm up laps including 50 m sprints	Coachy says		Tall posture with relaxed shoulders	10 x 350 mtr 5k pace 50 mtr controlled sprint 400 recovery
4 Mar 20	building speed & endurance	2 warm up laps including 50 m surges	Cone / Balance game	Dynamic warm up	foot placement	5 x 600 mtrs with 90 sec rec, start @slower than 10k & each 600 mtrs slightly faster( aim for 1-2 secs ) , rest for 5mins
11 Mar 20	speed endurance	2 warm up laps including 50 m Surges	toilet Tag	Dynamic warm up	Tall posture with relaxed shoulders	4 x 800 mtrs 400 mtr recovery @ 10k pace 4 x 400 Mtrs 400 mtrs recovery @ 5k pace
18 Mar 20	endurance	2 warm up laps including 50 m sprints	Balance tag	Dynamic warm up	Foot placement	1600 mtrs ,90 sec rec, 1200mtrs 90 sec rec, 800mtrs 90Sec rec, 400 mtrs 90 sec rec
25 Mar 20	Hills	warm up jog across park			Knee up Toe up	Lamp post Hills @ white gates with LIRFs <b>TBC</b>
1 Apr 20	speed	2 warm up laps including 50 m sprints			Arm drive	relay in 3s at best pace <b>Possibly in the park</b>
8 Apr 20	variable pace setting	warm up jog across park			Tall posture with relaxed shoulders	fartlek in the park
15 Apr 20	running hard on tired legs	2 warm up laps including 50 m sprints	rock, paper, scissors		Fast feet	400 mtr partner relays @ sub 5k pace
22 Apr 20	scorpions finishing the race strong with a hard push to the finish line	2 warm up laps including 50 m sprints	Coachy says		Tall posture with relaxed shoulders	10 x 300 mtr 5k pace 100 mtr controlled sprint 400 recovery
						5 mins best sustainable pace