ALZHEIMER'S SOCIETY
10 MILE
EXPERIENCED PLAN

Alzheimer's Society
United Against Dementia

How should each run feel?

There are a number of different paces that you should aim to master which will make up your training:

Recovery runs:
Runs designed to shake fatigue from the legs, the easiest runs of the week at 60-70% MHR.

Easy runs:
Conversational efforts that form the backbone of your training at 70-75% MHR.

Steady runs:
Controlled efforts but working at about 75-80% MHR.

Threshold running:
The golden zone of your training designed to work around your anaerobic threshold and develop your speed endurance working at a controlled discomfort and 3-4 word answer pace. 80-85% MHR.

Interval running:
Top end of your training, shorter harder efforts and the icing on the cake of your training.
3k-10k effort at 85-90%+ of MHR.

In detail

The feeling of not being sure how fast you should be running for any particular session is common, from beginners to elite athletes. For beginners it never feels as though running is easy but we can assure you that running doesn't need to be hard all the time.

At the beginning all you are trying to do is get out and run. That should be at easy pace or 'the speed of chat' – if you can't talk as you are running, you're going too fast, simple as that. For the more experienced runner, 'the speed of chat' is how your easy and recovery runs should feel - totally in control, relaxed and slow enough to talk. If you are combining walking and running, the effort level remains the same – you should be able to hold a conversation on both the walking and running segments.

Faster than easy, conversational running is 'steady running'. This is the backbone of training for more experienced runners. This is where you must be honest and not push too hard or you might ruin your faster sessions, so conversation should still be possible, but a little strained.

Incorporating threshold running is how the elites train. This is where you are running at a controlled discomfort level, you can still talk between breaths, but only 3 or 4 word phrases. This is not running to exhaustion or sprinting. You may already feel able to include some 3-5 minute blocks into a run each week which will grow in volume throughout your training as per your training plan.

Interval training and 5k/10k pace is top-end training. This is often called the 'hurt locker' and is used in training to replicate the feeling at the end of a hard race. The effort levels here should be almost at maximum.
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Glossary for your training plan.

Rest (R)
To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run or start suffering a series of minor injuries; you probably need more time off.

Recovery and Easy Runs (RR)
Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery runs. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60–75% range of your Maximum Heart Rate (MHR) and it should be no more than 45 minutes in duration. It also helps with the removal of the waste products which accumulate in your muscles after harder efforts.

Threshold Runs (THR)
Alongside the long run threshold runs are probably your most valuable workouts. They are run at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity .

Long Runs (LR)
Long runs are vital in your plan and key to racing well at the half marathon distance. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually this will build and towards the end of your training these will include sections of planned half marathon pace as well! These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Continuous Hills (CH)
Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-90 seconds at a 'threshold effort'. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80–85% of MHR and be able to utter just a few words. You don't need to find any huge gradients for this, a gradual incline is fine.

Fartlek (F)
This is a Swedish term that literally means "speed play". It involves a number of bursts of effort over a variety of distances with a variable recovery. Originally the length of effort was based on the terrain, for example, pushing harder every time you came to a climb, no matter how long it was. You can adapt it for your needs.

Interval Training (IT)
Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second jog recovery.

10 Mile Pace
Understanding the pace and effort you intend on running on race day is very important. Pace judgment and patience on the big day will be crucial to running your race. 10 mile pace practice allows your body and mind to get used to what will be required on race day, and it builds endurance quickly. You will see this increase in volume in the latter part of our training plans.

Warming Up/Warm down (WU)
When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement.

Cross-Training & core conditioning (XT)
It is important that your training is balanced with some lower impact activities such as swimming, cycling, rowing, the cross trainer etc, otherwise you are more likely to pick up an annoying injury that will set back your training. More experienced runners should also add cross training to their regime. Endurance running requires whole body-conditioning. To achieve this you should aim to work a variety of muscle groups and not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 45 mins with 5 x 5 @ 'threshold' effort with 120s recovery	50-60 minute easy run or XT	Am: Optional 30-40 mins easy run or XT PM: Progression run 30 mins as 10/10/10 (easy/steady/threshold effort)	REST	Hills - 3 x 8 mins continuous hills @ threshold effort with 2-3 mins rest	Long Run 80-90 minutes, conversational effort
2	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 45 mins with 6 x 5 @ 'threshold' effort with 120s recovery	45-60 minute easy run or XT	Am: Optional 30-40 mins easy run or XT PM: Progression run 30 mins as 10/10/10 (easy/steady/threshold effort)	REST	Hills - 3 x 8 mins continuous hills @ threshold effort with 90-120s rest	Long Run 90 minutes, conversational effort
3	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 45 mins with 6 x 5 @ 'threshold' effort with 90s recovery	45-60 minute easy run or XT	Am: Optional 30-40 mins easy run or XT PM: Progression run 45 mins as 15/15/15 (easy/steady/threshold effort)	REST	Hills - 3 x 10 mins continuous hills @ threshold effort with 2 mins rest	Long Run 90 minutes, conversational effort
4	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 60 mins with 3 x 10 @ 'threshold' effort with 120s recovery	45-60 minute easy run or XT	Am: Optional 30-40 mins easy run or XT PM: Out and back - 20 mins out at steady effort, turn follow same route back 2-3 mins faster	REST	Hills - 3 x 8 mins continuous hills @ threshold effort with 90-120s rest + 4 x 2 mins hard, 2 mins easy on flat after	Long Run 90 minutes, conversational effort
5	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 45 mins 8 x 3 minutes with the odd numbers at 10km pace, the evens 5km pace from 75s rest	40 minute easy run or XT	Progression run 45 mins as 15/15/15 (easy/steady/threshold effort)	REST	30-40 minutes relaxed or 10 mins easy / 20 mins 10 mile pace / 10 mins easy if not racing tomorrow	Ideal day for 10km race or 75 minutes relaxed of not racing
6	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: Fartlek run: 45-60 mins with 5/4/3/2/1 - start with 5 mins at threshold & get faster each block with 90s easy recovery	45-60 minute easy run or XT, pre breakfast	Am: Optional 30-40 mins easy run or XT PM: 10 mins easy / 20 mins threshold / 10 mins easy	REST	Hills - 3 x 8 mins continuous hills @ threshold effort with 90-120s rest + 4 x 2 mins hard, 2 mins easy on flat after	Long Run 90-100 mins easy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: Fartlek run: 45-60 mins with 6/5/4/3/2/1 - start with 5 mins at threshold & get faster each block with 90s easy recovery	45-60 minute easy run or XT, pre breakfast	Am: Optional 30-40 mins easy run or XT PM: 45 minutes with the final 25 @ threshold effort	REST	45-60 minutes easy	Long run 100 minutes with 3 x 10 @ 10 mile pace in the final 40 with 2-3 min easy recovery
8	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 8 x 3 minutes with odd numbers at threshold effort, even at 5km pace from 75s rest	45-60 minute easy run or XT, pre breakfast	Am: Optional 30-40 mins easy run or XT Pm: 45 minutes with the final 25 @ threshold effort	REST	45-60 minutes easy	Long run 90 minutes conversational effort
9	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 10 mins @ 10 mile pace + 5 x 2 mins hard + 10 mins @ 10 mile pace all with 75-90s rest	45-60 minute easy run or XT, pre breakfast	Am: Optional 30-40 mins easy run or XT Pm: 50-60 minutes with the final 25 @ threshold effort	REST	45-60 minutes easy	Long run as a progression of 30 easy, 30 steady, 30 10 mile pace
10	30-45 min easy run + core	Am: 30 mins easy run or XT Pm: 10 mins @ 10 mile pace + 8 x 90s at 5km pace (45s rest) + 10 mins @ 10 mile pace with 2 mins rest between the 3 sets	45-60 minute easy run or XT, pre breakfast	Am: Optional 30-40 mins easy run or XT Pm: Progression run 20/20/20	REST	45-60 minutes easy	1.40 Long run as 30 mins easy, 20 mins 10 mile pace, 15 mins easy, 10 mins 10 mile pace, 5 mins hard, 10 mins easy
11	30-45 min easy run + core	Am: 30 mins easy run or XT PM: 5 x 90s at 5km pace (45s) + 3km at 10 mile pace + 5 x 90s at 5km pace (45s)	45-60 minute easy run or XT, pre breakfast	Am: Optional 30-40 mins easy run or XT Pm: Progression run 15/15/15	REST	parkrun or self timed 5km TT	75 minute easy run
12	30 min easy run + core	Am: 30 mins easy run or XT Pm: 4 x 5 mins @ threshold / 2 mins recovery within a 40 min run	40 minute easy run or XT, pre breakfast	Progression run 10/10/10	REST	25 minute easy run	10 mile race!