

10-WEEK COMPETENT 10K TRAINING PLAN

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

MY PLEDGE: _____

MY TARGET TIME: _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	Rest	10 mins easy jog 20s fast running 3 min jog X 12 reps 10 mins easy jog	30 mins easy run	1-mile easy run 3-mile tempo run 1-mile easy run	Rest	5 mins easy run 30 mins steady run 5 miles easy run	70 mins easy run
2 <i>Building time on feet</i>	Rest	10 mins easy jog 1k (or 3.5mins) at race pace 2 mins jog X 6 reps 10 mins easy jog	30 mins easy run	10 mins easy jog 5 mins steady run 5 mins tempo run X 2 reps 10 mins easy	Rest	5 mins easy run 35 mins steady run	75 mins easy run
3 <i>Get out of breath</i>	Rest	10 mins easy jog 40s fast 3 min jog X 10 reps	30 mins easy run	1-mile easy run 4-mile tempo run 1-mile easy run	Rest	40 mins steady run	80 mins easy run
4 <i>Consolidating</i>	Rest	10 mins easy run 0.5 miles threshold 2.5 min jog X 8 reps 10 min easy run	30 mins easy run	10 mins Easy Run 10 Mins Steady Run 10 Mins Tempo Run 10 Mins Steady Run 10 Mins Easy Run	Rest	45 mins steady run	85 mins easy run
5 <i>Build your confidence</i>	Rest	10 mins easy run 1 min temp 2 min jog X 4 reps 10 mins easy run	30 mins easy run	20 mins easy run	Rest	Rest	Race 5km / 5mile Or 75 mins easy run

<p>6</p> <p><i>Half Way through your training!</i></p>	Rest	<p>10 mins easy jog</p> <p>60s hard 3 mins jog X 10 reps</p> <p>10 mins easy jog</p>	35 mins easy run	<p>10 Mins Easy Run</p> <p>5 Mile Tempo Run</p> <p>10 Mins Easy Run</p>	Rest	50 mins steady run	90 mins easy run
<p>7</p> <p><i>Build on that confidence</i></p>	Rest	<p>10 Mins Easy Run</p> <p>3.5mins at race pace 90secs jog X 8 Reps</p>	40 Mins Easy Run	<p>10 Mins Easy Run</p> <p>10 Mins Threshold Pace 3 Mins Jog X 3 Reps</p> <p>10 Mins Easy Run</p>	Rest	50 Mins Easy Run	<p>10 Mins Easy Run</p> <p>50 Mins Tempo Run</p> <p>10 Mins Easy Run</p>
<p>8</p> <p><i>Last high volume week!</i></p>	Rest	<p>10 Mins Easy Run</p> <p>60secs Hard Run 2 Mins Jog 45secs Hard Run 1 Min Jog 30secs Hard Run 3 Mins Jog X 4 Reps</p> <p>10 Mins Easy Run</p>	30 Mins Easy Run	<p>10 Mins Easy Run</p> <p>4 Mile Tempo Run</p> <p>10 Mins Easy Run</p>	Rest	45 Mins Steady Run	75 Mins Easy Run
<p>9</p> <p><i>Start reducing the distance this week</i></p>	Rest	<p>10 Mins Easy Run</p> <p>30secs Hard Run 2 Mins Jog X 8 Reps</p> <p>10 Mins Easy Run</p>	25 Mins Easy Run	<p>10 Mins Easy Run</p> <p>1 Min Steady Run 1 Min Tempo Run 1 Min Hard Run 2 Min Easy Run X 4 Reps</p> <p>10 Mins Easy Fun</p>	Rest	30 Mins Easy Run	50 Mins Easy Run
<p>10</p> <p><i>Race week</i></p>	Rest	<p>10 Mins Easy Run</p> <p>2 Mins Tempo Run 2 Mins Jog X 4 Reps</p> <p>10 Mins Easy Run</p>	20 Mins Easy Run	<p>15 Mins Easy Run</p> <p>80m strides at fast pace Walk back X 5 Reps</p>	Rest	Rest	Race Day! Good Luck!