

# 10-WEEK IMPROVER 10K TRAINING PLAN

MY PLEDGE: \_\_\_\_\_

MY TARGET TIME: \_\_\_\_\_

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.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	30 Mins Easy Run	1 Mile Easy Run 2 Miles Tempo Run 1 Mile Easy Run	Rest	10 Mins Easy Jog 15secs Fast Run 3 Min Jog X 10 Reps 10 Mins Easy Run	Rest	60 Mins Easy Run	Rest
2 <i>Building time on feet</i>	30 Mins Easy Run	10 Mins Easy Jog 2 Mins Tempo Run 2 Mins Jog X 6 Reps 10 Mins Easy Jog	Rest	10 Mins Easy Jog 30secs Fast 2.5 mins jog X 10 Reps 10 Mins Easy Run	Rest	65 Mins Easy Run	Rest
3 <i>Get out of breath</i>	30 Mins Easy Run	1 Mile Easy Run 3 Miles Tempo Run 1 Mile Easy Run	Rest	10 Mins Easy Jog 40secs Fast Run 2 Mins Jog 30secs Fast Run 60secs Jog 20secs Fast Run 30secs Jog X 4 Reps 10 Mins Easy Jog	Rest	70 Mins Easy Run	Rest
4 <i>Consolidating</i>	45 Mins Steady Run	10 Mins Easy Run 3 Mins at Threshold Pace 2 Mins Jog X 5 Reps 10 Mins Easy Run	Rest	45 Mins Steady Run	Rest	60 Mins Easy Run 10 Mins at Steady Pace	Rest
5 <i>Build your confidence</i>	35 Mins Easy Run	1 Mile Easy Run 4 Mile Tempo Run 1 Mile Easy Run	Rest	10 Mins Easy Run 60secs Fast Run 4 Mins Jog X 5 Reps 10 Mins Easy Jog	Rest	60 Mins Easy Run 15 Mins Steady Finish Faster	Rest
6 <i>Walk less and run more</i>	20 Mins Easy Run	10 Mins Easy Run 10 Mins Tempo Run 10 Mins Easy Run	Rest	20 Mins Very Easy Run	Rest	Race 5km/5 Mile or 75 Min Easy Run	Rest

<p><b>7</b></p> <p><i>Clock up the miles</i></p>	<p>30 Mins Easy Run</p>	<p>10 Mins Easy Run 4 mins at Threshold Pace 2 Mins Jog X 6 Reps 10 Mins Easy Run</p>	<p>Rest</p>	<p>10 Mins Easy Run 50secs Fast Run 3 Min Job X 8 Reps 10 Mins Easy Run</p>	<p>Rest</p>	<p>10 Mins Easy Run 60 Mins Steady Run 10 Mins Easy Run</p>	<p>Rest</p>
<p><b>8</b></p> <p><i>Practice those long miles</i></p>	<p>40 Mins Steady Run</p>	<p>10 Mins Easy Run 1 Mile Tempo Pace 3 Min Job X 4 Reps 10 Mins Easy Jog</p>	<p>Rest</p>	<p>10 Mins Easy Run 30secs Fast 60secs Jog 10 Mins Easy Run</p>	<p>Rest</p>	<p>80 Mins Easy Run</p>	<p>Rest</p>
<p><b>9</b></p> <p><i>Ease off on the miles</i></p>	<p>35 Mins Steady Run</p>	<p>10 Mins Easy Run 2 Mins at Race Pace 2 Mins Jog X 5 Reps 10 Mins Easy Run</p>	<p>Rest</p>	<p>40 Mins Steady Run</p>	<p>Rest</p>	<p>45 Mins Easy Run</p>	<p>Rest</p>
<p><b>10</b></p> <p><i>Prepare for the race</i></p>	<p>25 Mins Easy Run</p>	<p>1 Mile Easy Run 1 Mile Tempo Run 1 Mile Easy Run</p>	<p>Rest</p>	<p>15 Mins Very Easy Run</p>	<p>Rest</p>	<p>Race day! Good luck!</p>	<p>Rest</p>