



10K TRAINING GUIDE



SHELTER



Want to last the course? Set up a routine you know you'll stick to.

Run with a partner or group to make training more fun – friendly rivalries will encourage you to raise your game. Make progress by challenging yourself, and keep runs varied to improve your speed, endurance, time and to tackle weaknesses. You don't need to smash your personal best every time, but the more you practice, the easier 10K will get and the more you'll enjoy it.

Key

Fartlek

Loosely translates as 'speed play', these are continuous runs where you vary your pace and effort for set periods of time.

Strides

Short 20 sec relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5–6 sprints with a jog/ walk back to your starting position after each one.

Short hills

A steep climb that takes 30–40 sec to run up. Run these at a fast pace/ effort. Walk back to the bottom after each one.

Long hills

A climb that takes 60–80 sec to run up. More of a grind – run these at steady pace/ effort. Slowly jog back to the bottom after each one.

Strength: core

60 secs of each of these six exercises in turn = one round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

Strength: legs

10–15 reps of each of these six exercises in turn = one round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

Pace guide for all plans

Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

Gear 2 (G2)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 7 out of 10/70% effort.

Gear 3 (G3)

Breathing is deep but rhythmical – working hard, 75% to 80%. For more experienced runners this would be roughly 10K race pace.

Gear 4 (G4)

Hard running – could say a word or so. Less control over breathing. Probably only maintain this for 10 mins before slowing down significantly. Feel the lactic burn! 85% effort.

Gear 5 (G5)

Flat out sprinting. Wouldn't be able to speak at all! 10–20 sec all out effort.

10K BEGINNER

For those who are fairly new to the running scene. Get all the basics you need to get to the finish line smoothly.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	30 mins @ G1	Rest	25 mins @ G1	Rest	Strength session: legs	30 mins @ G1	Rest
02	30 mins @ G1	Rest	25 mins @ G1 + Strides	Rest	Strength session: core	40 mins @ G1	Rest
03	35 mins @ G1	Rest	Long hills session (6 reps)	Rest	Strength session: legs x 2	45 mins @ G1	Rest
04	45 mins @ G1	Rest	Interval session: 8 x 90 secs in G3 with 90 secs slow jog recovery	Rest	Strength session: core x 2	Push yourself on a 5K ParkRun! Visit ParkRun.com to find your local run. Remember a 10-15 min warm up and cool down jog before and after.	Rest
05	50 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	30 min Run @ G1 followed by Strength session: legs x 1	Fartlek: 10 mins @ G1 / 9 mins @ G2 / 3 mins @ G1 / 9 mins @ G2 / 3 mins @ G1 / 9 mins @ G2 / 10 mins @ G1	Rest
06	Interval session: 8 x 2 mins in G3 with 60 secs slow jog or walk recovery	Rest	Fartlek: 10 mins @ G1 / 25 mins @ G2 / 10 mins @ G1	Rest	40 mins @ G1	60 mins @ G1	Rest
07	Speed interval session: 8 x 45 secs G4, 2 mins 30 rest in between each	Rest	60 mins @ G1	Rest	Strength session: core x 3	Progression: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G3	Rest
08	30 mins @ G1 + Strides	Rest	Rest	Optional 15 mins @ G1	Rest	RACE DAY!	Rest

10K INTERMEDIATE

For those who are looking to take a step up, vary their training and improve their time.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	40 mins @ G1	Rest	30 mins @ G1+ Strides	Rest	Strength session: legs x 2	Progression: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G3	Rest
02	45 mins @ G1	Rest	Short hills session (6 reps)	Rest	Strength session: core x 2	Fartlek: 20 mins @ G1 / 5 mins @ G3 / 3 mins @ G1 / 5 mins @ G3 / 10 mins @ G1	Rest
03	Fartlek: 10 mins @ G1 / 9 mins @ G2 / 3 mins @ G1 / 9 mins @ G2 / 3 mins @ G1 / 9 mins @ G2 / 10 mins @ G1	Rest	Long hills session (8 reps)	Rest	Strength session: legs x 2	50 mins @ G1	Rest
04	55 mins @ G1	Rest	Interval session: 6 x 3 mins @ G3. Rest for 2 mins between each	Rest	Strength session: core x 2	Push yourself on a 5K ParkRun! Visit ParkRun.com to find your local run. Remember a 10-15 min warm up and cool down jog before and after.	Rest
05	Progression: 20 mins @ G1 / 20 mins @ G2 / 10 mins @ G3	Rest	Interval session: 3 x (3 min 30 run @ G3 / 2 min rest / 2 mins 30 run @ G3 / 1 min 30 rest / 1 min run @ G4) Then take only 45 secs rest between each round!	50 mins @ G1	Strength session: legs x 3	70 mins @ G1	Rest
06	50 mins @ G1	Rest	Fartlek: 20 mins @ G1 / 15 mins @ G3 / 10 mins @ G1	35 mins @ G1+ Strides	Strength session: core x 3	Fartlek: 20 mins @ G1 / 10 mins @ G2 / 10 mins @ G3 / 10 mins @ G2 / 10 mins @ G1	Rest
07	40 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs - rest 45 secs - run 45 secs) Rest for 3 mins between each set. Run intervals in G4	Rest	35 mins @ G1	60 mins @ G1	Rest
08	35 mins @ G1	Rest	30 mins @ G1+ Strides	Rest	Optional - 20 mins @ G1	RACE DAY!	Rest

10K ADVANCED

For experienced 10K runners,
searching for that elusive PB.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	40 mins @ G1	Short Hills session (8 reps)	35 mins @ G1 + Strides	Rest	Strength session: legs x 2	Progression: 20 mins @ G1 / 10 mins @ G2 / 10 mins @ G3	Rest
02	Fartlek: 25 mins @ G1 / 5 mins @ G3 / 3 mins @ G1 / 5 mins @ G3 / 3 mins @ G1 / 5 mins @ G3 / 10 mins @ G1	45 mins @ G1	Long Hills session (8 reps)	Rest	Strength session: core x 2	60 mins @ G1	Rest
03	60 mins @ G1	Fartlek: 10 mins @ G1 / 10 mins @ G2 / 3 mins @ G1 / 10 mins @ G2 / 3 mins @ G1 / 10 mins @ G2 / 10 mins @ G1	45 mins @ G1 + Strides	Rest	Strength session: legs x 3	Progression: 30 mins @ G1 / 20 mins @ G2 / 10 mins @ G3	Rest
04	45 mins @ G1	Speed interval session: 5 x (run 75 secs - rest 45 secs - run 45 secs) Rest for 4 mins between each set. Run intervals in G4	50 mins @ G1	Rest	Strength session: core x 2	Push yourself on a 5K ParkRun! Visit ParkRun.com to find your local run. Remember a 10-15 min warm up and cool down jog before and after.	75 min @ G1
05	45 mins @ G1 + Strides	50 mins @ G1	Interval session: 3 x (4 min run @ G3 / 2 min rest / 3 mins run @ G3 / 1 min 30 rest / 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	Strength session: legs x 3	Fartlek: 30 mins @ G1 / 10 mins @ G2 / 10 mins @ G3 / 10 mins @ G2 / 15 mins @ G1	Optional 50 min @ G1
06	50 mins @ G1	Interval session: 6 x 3 mins with 90 secs rest between each. First 4 in G3, Last 2 in G4	50 mins @ G1	Rest	Strength session: core x 3	Fartlek: 20 mins @ G1 / 20 mins @ G3 / 10 mins @ G1	70 min @ G1
07	50 mins @ G1	Rest	Interval session: 6 mins @ G2 / 2 mins rest / 5 mins @ G3 / 2 mins rest / 4 mins @ G3 / 90 secs rest / 3 mins @ G3 - 4 / 90 secs rest / 2 mins @ G4 / 60 secs rest / 1 min @ G4	50 mins @ G1	40 mins @ G1 + Strides	Progression: 20 mins @ G1 / 20 mins @ G2 / 15 mins @ G3	Rest
08	30 mins @ G1	Speed interval session: 12 x 40 secs in G4 with 90 sec rest	30 mins @ G1	Rest	Optional - 20 mins @ G1	RACE DAY!	Rest

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