



Together we are
beating cancer

10k training plan Improver





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Improver

Getting started

Performance training and fitness development can feel complicated, with lots of conflicting advice – but it doesn't have to be.

Training

Your running, cross-training and conditioning sessions in this plan will progress over the weeks and become more specific to the distance you're training for.

Nutrition

You need to fuel your training and recovery correctly, so you have the right macro- and micro-nutrients in your body for energy to train hard, repair muscles and cells between sessions, and support your immune system, blood and bones.

Rest

Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Things to consider

- Always substitute cross-training for walking if you're injured, very sore or it's not safe to walk.
- If you have time, add core conditioning, Pilates or yoga classes once or twice a week.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified efforts – don't work too hard.
- Tiredness builds up, so take extra rest if required.



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Recovery run: 30–45 min	Threshold run: 4 x (5 min with 2 min jog recovery)	Conditioning + cross-training: 40 min	Rest	Hills: 40–50 min run with 10 x (45 sec fast uphill with a jog back recovery)	Long run: 1 hr 5 min conversational
2	Rest	Recovery run: 40 min	Threshold run: 5 x (5 min with 2 min jog recovery)	Conditioning + cross-training: 40 min	Rest	Hills: 45 min run with 5 min at threshold + 10 x (45 sec fast uphill with a jog back recovery)	Long run: 1 hr 10 min conversational
3	Rest	Easy run: 40–50 min	Threshold run: 5 x (5 min with 1 min 30 jog recovery)	Conditioning + cross-training: 40–50 min	Rest	Hills: 45 min run with 5 min at threshold + 10 x (50 sec fast uphill with a jog back recovery)	Long run: 1 hr 15 min conversational

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest	Easy run: 50 min, pre-breakfast if possible	Threshold run: 6 x (5 min with 1 min 30 jog recovery)	Conditioning + cross-training: 40–50 min	Rest	Hills: 45 min run with 6 min at threshold + 10 x (50 sec fast uphill with a jog back recovery)	Long run: 1 hr 20 min conversational
5	Rest	Easy run: 40 min	Run: 3 x (6 min threshold) + 2 min at 5k pace (90)	Rest or easy cross-training: 40 min	Rest	Parkrun or self-timed 5k	Long run: 1 hr conversational
6	Rest	Easy run: 50 min–1 hr, pre-breakfast if possible	Run: 3 x (6 min threshold) + 6 x (800m at 5k pace) (90)	Conditioning + cross-training: 40–50 min	Rest	Threshold run: 3 x (10 min at threshold with 1 min 30 sec jog recovery)	Long run: 1 hr 30 min conversational
7	Rest	Easy run: 50 min–1 hr, pre-breakfast if possible	Run: 8 x 1k with first 4 at threshold and last 4 at 10k pace (75)	Conditioning + cross-training: 40–50 min	Rest	Run: 10 min easy, 20 min at 10k pace, 10 min easy	Long run: 1 hr 30 min conversational

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Rest	Easy run: 50 min–1 hr, pre-breakfast if possible	Run: 8 x (400m (60) at 5k pace + 5 min jog) + 12 min threshold	Conditioning + cross-training: 40–50 min	Rest	Core + Parkrun or self-timed 5k	Long run: 1 hr 40 min conversational
9	Rest	Easy run: 50 min–1 hr, pre-breakfast if possible	Run: 1k at threshold (3) + 6 x 600m at 5k pace (90)	Conditioning + cross-training: 40 min	Rest	Core + Parkrun or self-timed 5k	Long run: 1 hr 10 min conversational
10	Rest	Run: 40 min with 4 x (3 min at 10k pace, 2 min jog recovery)	Recovery run: 30 min	Rest or cross-training: 30 min	Rest	Jog: 20 min	Race day – good luck!