



10km - IMPROVER PLAN

This plan

This 10k training plan is designed to get you to the start line of a 10k feeling prepared and confident that you can achieve your goal. This 10 week improvers plan is designed for those who run more regularly. Perhaps you have completed a 5km or 10km and are looking to step up in distance or improve your time.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Rest	Recovery run: 30 - 45 mins	Threshold run: 4 x 5 mins @ with 2 min jog recovery	Cross training 40 mins + conditioning	Rest	Hills: 40-50 minute run including 10 x 45 second fast up hill with a jog back recovery	Long Run: 65 mins conversational
2.	Rest	Recovery run: 40 mins	Threshold run: 5 x 5 mins @ with 2 min jog recovery	Cross training 40 mins + conditioning	Rest	Hills: 5 mins @ threshold + 10 x 45 second fast up hill with a jog back recovery within 45 min run	Long Run: 70 mins conversational
3.	Rest	Easy run: 40-50 mins	Threshold run : 5 x 5 mins @ with 90 secs jog recovery	Cross training 40 - 50 mins + conditioning	Rest	Hills: 5 mins @ threshold + 10 x 50 second fast up hill with a jog back recovery within 45 min run	Long Run: 75 mins conversational
4.	Rest	Easy run: 50 mins, pre breakfast if possible.	Threshold run : 6 x 5 mins @ with 90 secs jog recovery	Cross training 40 - 50 mins + conditioning	Rest	Hills: 6 mins @ threshold + 10 x 50 second fast up hill with a jog back recovery + 6 mins @ threshold within 45 min run	Long Run: 80 mins conversational
5.	Rest	40 mins easy run	6 mins threshold (3) + 6x2mins @ 5k pace (90)	40 mins easy cross trianing or rest	Rest	Parkrun or self timed 5km time trial	Long Run: 60 minutes
6.	Rest	Easy run: 50-60 mins, pre breakfast if possible.	6 mins threshold (3) + 6 x 800 @ 5k pace (90)	Cross training 40 - 50 mins + conditioning	Rest	Threshold run: 3 x 10 mins @ with 120 secs jog recovery	Long Run: 90 mins conversational



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Keeping it all in balance

Performance training, and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept pretty simple. The key is to imagine a triangle with training at the top and rest and nutrition in the bottom corners.

Most of us think about the training sessions we need to do to become stronger, fitter or faster. In reality you won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also given as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition and ensuring you listen to your body and respect its need to rest in order to improve.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.	Rest	Easy run: 50-60 mins, pre breakfast if possible.	8 x 1k with 1-4 @ threshold and 5-8 @ 10k effort (75)	Cross training 40 - 50 mins + conditioning	Rest	10 mins easy + 20 mins at 10 km pace + 10 mins easy	Long Run: 90 mins conversational
8.	Rest	Easy run: 50-60 mins, pre breakfast if possible.	8 x 400 (60) @ 5k pace + 5 min jog then 12 mins @ threshold	Cross training 40 - 50 mins + conditioning	Rest	Parkrun or 5km TT + core	Long run 100 mins conversational
9.	Rest	Easy run: 50-60 mins, pre breakfast if possible.	1k @ threshold (3) + 6x600 @ 5k pace (90)	Cross training 40 mins + conditioning	Rest	parkrun or self timed 5km time trial	70 min conversational paced run
10.	Rest	4 x 3 mins at 10km pace with 2 min jog recovery withing a 40 minute run	30 minute recovery run	Cross training 30 mins or rest	Rest	20 minute jog	10k Race Day - Good Luck!

Training

Your running, cross training and conditioning sessions contained within 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 to ensure you have the right macro and micro nutrients in the body to have both the energy to train hard, but also heal muscles and cells between sessions and keep your immune system, blood and bones strong.

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.