



# 10km - ADVANCED PLAN

## This plan

This advanced 10k plan is designed to get you ready to race your 10k and is designed for those looking to progress their current 10k PB and particularly those looking to run under 50 minutes or faster.

| Week | Monday                        | Tuesday                                                                           | Wednesday                                             | Thursday                                                                                         | Friday | Saturday                                                                                                                  | Sunday                                               |
|------|-------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| 1.   | Recovery run:<br>30 - 45 mins | Threshold run:<br>5 x 5 mins @ with 90s jog recovery within a 50-60 minute run    | 45-60 minute easy run or cross trianing pre breakfast | 10 mins easy pace 10 mins steady pace 10 mins threshold                                          | Rest   | Hills: 6 mins @ threshold + 10 x 45s secs fast up hill with a jog back recovery + 6 mins @ threshold within 50-60 min run | Long run:<br>75 mins conversational                  |
| 2.   | Recovery run:<br>40 mins      | Threshold run:<br>6 x 5 mins @ with 90s jog recovery within a 50-60 minute run    | 45-60 minute easy run or cross trianing pre breakfast | 15 mins easy pace 15 mins steady pace 15 mins threshold                                          | Rest   | Hills: 6 mins @ threshold + 10 x 50s secs fast up hill with a jog back recovery + 6 mins @ threshold within 50-60 min run | Long run:<br>75 mins conversational                  |
| 3.   | Recovery run:<br>40 mins      | Threshold run:<br>3 x 10 mins @ with 2 min jog recovery within a 50-60 minute run | 45-60 minute easy run or cross trianing pre breakfast | 10 mins easy + 20 mins at threshold effort + 10 mins easy                                        | Rest   | Hills: 8 mins @ threshold + 10 x 50s secs fast up hill with a jog back recovery + 8 mins @ threshold within 50-60 min run | Long run:<br>80 mins conversational                  |
| 4.   | Recovery run:<br>40 mins      | Threshold run:<br>6 x 5 mins @ with 90s jog - aim to run last 2 at 10km pace      | 45-60 minute easy run or cross trianing pre breakfast | 8 x 3 minutes with the odd numbers at threshold effort, the evens at 3-5km effort with 75s rest. | Rest   | Hills: 8 mins @ threshold + 10 x 60s secs fast up hill with a jog back recovery + 8 mins @ threshold within 50-60 min run | Long run:<br>80-90 mins conversational               |
| 5.   | Recovery run:<br>30-40 mins   | 6 mins threshold (3) + 6 x 800 @10k pace (90)                                     | 40 mins easy cross trianing or rest                   | 10 mins easy pace 10 mins steady pace 10 mins threshold                                          | Rest   | 5k park run or TT then 5 min jog then 3x5 mins @ threshold (90)                                                           | Long run: 75 minutes                                 |
| 6.   | Recovery run:<br>40 mins      | 5 x 1200 @ 10k pace off (90) Lap jog then 3x400 (60) @ 5k pace                    | 45-60 minute easy run or cross trianing pre breakfast | 45 mins with last 20-25 mins @ threshold                                                         | Rest   | 45 minute easy run                                                                                                        | Long run:<br>90 minutes with the last 20 @ threshold |



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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.   | Recovery run: 40 mins    | 8 x 1km at 10km pace with 80s jogged recovery                               | 45-60 minute easy run or cross trianing pre breakfast | 45 minutes with last 25 minutes at threshold effort | Rest   | 10/10/10/10 progression run 10 mins easy, 10 mins steady, 10 mins threshold, 10 mins 10k effort | Long run: 1 hour 40 minutes with the final 40 minutes steady pace, first 60 easy |
| 8.   | Recovery run: 40 mins    | 10x400 @ 5k effort (60) then 5 min jog then 4k @ threshold                  | 45-60 minute easy run or cross training pre breakfast | 45 minute easy run                                  | Rest   | 5k @ 10k pace then 5 min jog then 3k threshold                                                  | Lond run: 1 hour 40 minutes with the final 40 steady pace, first 60 easy         |
| 9.   | Recovery run: 40 mins    | 1 mile threshold (3) + 7x600 @ 3k pace (200 jog rec) (3) + 1 mile threshold | 45 minute easy run or cross training pre breakfast    | 60 minute easy run                                  | Rest   | 2k @ 10k pace (3) + 3 x 1k @ 5k pace (75) (3) + 4 x 00 @ 3k pace (60,45,30 sec recovery)        | 70 min conversational paced run                                                  |
| 10.  | Recovery run: 30-40 mins | 4x800 @ 10k effort (90) (3) + 3x200 stride @ 3k effort off 200 jog          | 45 minute easy run                                    | 30 minute easy run with last 10 mins at threshold   | Rest   | 20-30 easy 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 you 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.