



10-WEEK 10K SCHEDULE

TARGET IHR OR MORE

MY PLEDGE: _____

MY TARGET TIME: _____

Want to step your running up to the next level?
Take on a 10k.

You'll run three times a week – building up from a mixture of running and walking until you can conquer the full distance. You'll develop an understanding of different running speeds and your own stamina as the weeks progress.

- 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.

Walk:run

This is a strategy for many new runners and involves breaking up the race into periods of running then walking. For example, 8 mins running; 2 mins walking, repeated.

Easy or recovery runs

During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation. If you're a new runner, you might wonder if any runs feel easy – slow down, walk if you need to and control your effort.

Steady runs

These are the 'miles in the bank'. Steady runs build a base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

Threshold or tempo runs

Running at 'threshold' pace is about running under 'controlled discomfort'. It's great for improving your running economy. You'll find this pace slightly uncomfortable – and it'll require concentration. You'll only be capable of uttering four or five words at a time as you run.

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.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1		20 mins easy running		20 mins easy running 5 mins walking 5 mins running – slightly faster 5 mins walking		30 mins easy running	
2		20 mins easy running		5 mins easy running 1 min fast running; 2 mins walking – 4 reps 5 mins easy running		35 mins easy running	
3		20 mins easy running		6 mins easy running 2 mins tempo running; 2 mins walking then jogging – 5 reps 6 mins easy running		40 mins easy running	
4		25 mins easy running		8 mins easy jogging 3 mins tempo running; 2 mins walking then jogging – 5 reps 8 mins easy running		45 mins easy running	

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5		25 mins easy running		10 mins easy running 4 mins tempo running; 3 mins walking then jogging – 3 reps 10 mins easy running		50 mins easy running	
6		30 mins easy running		10 mins easy jogging 15 mins steady running 5 mins easy jogging		55 mins easy running	
7		30 mins easy running		10 mins easy jogging 5 mins tempo running; 3 mins walking then jogging – 4 reps 10 mins easy running		60 mins easy running	
8		25 mins easy running		10 mins easy running 20 mins steady running 5 mins easy running		60 mins easy running	
9		20 mins easy running		10 mins easy jogging 3 mins tempo running; 2 mins walking – 3 reps 10 mins easy running		45 mins easy running	
10		15 mins easy running	10 mins easy running 2 mins tempo running; 2 mins jogging – 3 reps 10 mins easy running		10 mins easy running		RACE DAY GOOD LUCK



10-WEEK 10K SCHEDULE

TARGET 45MIN – 1HR

MY PLEDGE: _____

MY TARGET TIME: _____

Pick up the pace on your next 10k with this training plan.

You'll need to be able to run for an hour – and you should have completed a 10k already. You don't have to be fast though. Improving your speed and stamina is what you'll work on in the four weekly running sessions.

- 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.

Easy or recovery runs

During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation. Slow down and control your effort – walk if you need to.

Steady runs

These are the 'miles in the bank'. Steady runs build a base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

Threshold or tempo runs

Running at 'threshold' pace is about running under 'controlled discomfort'. It's great for improving your running economy. You'll find this pace slightly uncomfortable – and it'll require concentration. You'll only be capable of uttering four or five words at a time as you run.

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.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	30 mins easy running	5 mins easy jogging 30 mins steady running 15 mins easy jogging		40 mins easy running		60 mins easy running	
2	30 mins easy running	5 mins jogging 10 mins tempo running 5 mins easy running 5 mins tempo running 5 mins easy running 5 mins running		45 mins easy running		65 mins easy running	
3	35 mins easy running	10 mins easy running 5 mins tempo running; 90 secs jogging – 4 reps 10 mins easy running		15 mins easy running 1 min hard running; 1 min easy jogging – 5 reps 15 mins easy running		70 mins easy running	
4	40 mins easy running	5 mins jogging 20 mins tempo running 10 mins jogging		15 mins easy running 5 mins hard running; 2 mins jogging – 3 reps 15 mins easy running		70 mins easy running	
5	40 mins easy running	10 mins easy running 10 mins steady running 10 mins tempo running 10 mins steady running 10 mins easy running		45 mins easy running		80 mins easy running	

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
6 <i>Race week or a lighter week</i>	30 mins easy running	10 mins easy running 3 mins tempo; 2 mins jogging – 4 reps 10 mins easy running		20 mins easy running		80 mins easy running or run a 5k road race	
7	40 mins easy running	10 mins easy running 1 min hard running; 1 min jogging; 2 mins hard running; 2 mins jogging; 3 mins hard running; 3 mins jogging – 2 reps 10 mins easy running		15 mins easy running 15 mins tempo running 15 mins easy running		10 mins easy running 50 mins steady running 10 mins easy running	
8	35 mins easy running	10 mins easy running 30 mins fast running 10 mins easy running		10 mins easy running 1 min fast running; 2 mins jogging – 8 reps 10 mins easy running		70 mins easy running	
9	30 mins easy running	10 mins easy running 5 mins hard running; 5 mins easy running – 2 reps 10 mins easy running		30 mins easy running		55 mins easy running	
10	20 mins easy running		10 mins easy 1 min tempo running; 2 mins jogging – 3 reps 10 mins easy running		10 mins easy running		RACE DAY GOOD LUCK



10-WEEK 10K SCHEDULE

TARGET 45MINS OR UNDER

MY PLEDGE: _____

MY TARGET TIME: _____

Push yourself to put in the best 10k possible with our advanced training plan.

You don't need to be fast. You just need experience of running a 10k in the past – and to have tried interval and threshold training.

- 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.

There are four or five sessions each week. Monday is always a light day. Tuesday builds speed, endurance and pace. Wednesday is a day of 'active recovery'. Thursday builds stamina. Friday is always a rest day. Saturday is a pace-building day and Sunday is an endurance day.

Easy or recovery runs

During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation. Slow down and control your effort – walk if you need to.

Steady runs

These are the 'miles in the bank'. Steady runs build a base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

Threshold or tempo runs

Running at 'threshold' pace is about running under 'controlled discomfort'. It's great for improving your running economy. You'll find this pace slightly uncomfortable – and it'll require concentration. You'll only be capable of uttering four or five words at a time as you run.

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.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	35 mins easy running	40 mins easy running	Active recovery	40 mins easy running		5 mins easy running 30 mins steady running 10 mins easy running	75 mins easy running
2	35 mins easy running	10 mins jogging 4 mins hard running; 2 mins easy running – 5 reps 10 mins easy jogging	Active recovery	45 mins easy running		5 mins easy running 20 mins hard running 5 mins easy running	80 mins easy running
3	35 mins easy running	10 mins easy running 90 secs tempo running up-hill; jog down to recover – 6 reps 10 mins easy running	Active recovery	45 mins steady running		5 mins easy running 30 minutes tempo running 10 mins easy running	90 mins easy running
4	40 mins easy running	10 mins easy running 4 mins hard running; 1 min easy – 6 reps 10 mins easy jogging	Active recovery	50 mins steady running		5 mins easy running 20 mins hard running 5 mins easy running	80 mins easy running

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5 <i>Race week or a lighter week</i>	30 mins easy running	10 mins easy running 90 secs tempo running up-hill; jog down to recover – 8 reps 10 mins easy running	Active recovery	50 mins steady running		10 mins easy running	Run in a 5k or 5-mile road race
6	40 mins easy running	10 mins easy running 5 mins fast running; 90 secs easy running – 4 reps 10 mins easy running	Active recovery	50 mins steady running		20 mins easy running 10 mins hard running 10 mins easy running	90 mins easy running
7	40 mins easy running	10 mins easy running 90 secs tempo running up-hill; jog down to recover – 10 reps 10 mins easy running	Active recovery	50 mins steady running		40 mins easy running	10 mins easy running 50 mins running at a good pace 10 mins easy running
8	35 mins easy running	10 mins jogging 6 mins fast running; 2 mins easy running – 4 reps 10 mins jogging	Active recovery	45 mins steady running		5 mins easy running 30 mins fartlek 5 mins easy running	70 mins easy running
9	30 mins easy running	10 mins jogging 1 min hard running; 1 min very easy running – 5 reps 5 mins jogging	Active recovery	35 mins easy running		10 mins easy running 25 mins tempo running 10 mins easy running	60 mins easy running
10	20 mins easy running	10 mins easy running 2 mins tempo running; 2 mins jogging – 3 reps 10 mins easy running		30 mins easy running	15 mins easy running		RACE DAY GOOD LUCK