

10km TRAINING PLAN - ADVANCED



THIS TRAINING PLAN IS DESIGNED TO GET YOU
TO THE START LINE OF A 10KM FEELING
PREPARED AND CONFIDENT THAT YOU CAN
ACHIEVE YOUR GOAL.

IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide,
which gives more detail on the structure of the running
sessions and top tips on nutrition and recovery to leave
you fitter, stronger and more energised as you progress
through your training journey.

WHY TRAIN IN THIS WAY?

If you keep doing the same things
repeatedly you can't expect different
results. This plan is designed to add
variety, structure and progression to
your training. It will challenge you
across a range of different heart rate
zones and gradually build up your
ability to run at your desired goal race
pace.



Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	RECOVERY RUN 30-40 MINUTES	THRESHOLD RUN 5X5 MINUTES WITH 90 SECOND JOG RECOVERY WITHIN A 50-60 MINUTE RUN	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	10 MINS EASY 10 MINS STEADY 10 MINS THRESHOLD	REST	HILLS: 6 MINS AT THRESHOLD PLUS 10X45 SECONDS FAST UP HILL WITH A JOG BACK RECOVERY PLUS 6 MINS AT THRESHOLD WITHIN A 50-60 MINUTE RUN	75 MINUTE EASY RUN
2	RECOVERY RUN 40 MINUTES	THRESHOLD RUN 6X5 MINUTES WITH 90 SECOND JOG RECOVERY WITHIN A 50-60 MINUTE RUN	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	15 MINS EASY 15 MINS STEADY 15 MINS THRESHOLD	REST	HILLS: 6 MINS AT THRESHOLD PLUS 10X50 SECONDS FAST UP HILL WITH A JOG BACK RECOVERY PLUS 6 MINS AT THRESHOLD WITHIN A 50-60 MINUTE RUN	75 MINUTE EASY RUN
3	RECOVERY RUN 40 MINUTES	THRESHOLD RUN 3X10 MINUTES WITH A 2 MINUTE JOG RECOVERY WITHIN A 50-60 MINUTE RUN	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	10 MINS EASY PLUS 20 MINS AT THRESHOLD EFFORT PLUS 10 MINS EASY	REST	HILLS: 8 MINS AT THRESHOLD PLUS 10X50 SECONDS FAST UP HILL WITH A JOG BACK RECOVERY PLUS 8 MINS AT THRESHOLD WITHIN A 50-60 MINUTE RUN	80 MINUTE EASY RUN
4	RECOVERY RUN 40 MINUTES	THRESHOLD RUN 6X5 MINUTES WITH 90 SECOND JOG RECOVERY WITHIN A 50-60 MINUTE RUN (AIM TO RUN LAST TWO REPS AT 10KM PACE)	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	8X3 MINUTES WITH THE ODD NUMBERS AT THRESHOLD EFFORT AND THE EVEN NUMBERS AT 3- 5KM EFFORT WITH 75 SECOND JOG RECOVERY	REST	HILLS: 8 MINS AT THRESHOLD PLUS 10X60 SECONDS FAST UP HILL WITH A JOG BACK RECOVERY PLUS 8 MINS AT THRESHOLD WITHIN A 50-60 MINUTE RUN	80-90 MINUTE EASY RUN
5	RECOVERY RUN 30-40 MINUTES	6 MINUTES THRESHOLD (3 MINUTE JOG RECOVERY) PLUS 6X800 AT 10KM PACE (90 SECONG JOG RECOVERY)	40 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	10 MINS EASY 10 MINS STEADY 10 MINS THRESHOLD	REST	PARKRUN OR SELF TIMED 5KM TIME TRIAL THEN 5 MIN JOG PLUS 3X5 MINS AT THRESHOLD (90 SECOND JOG RECOVERY)	75 MINUTE EASY RUN

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6	RECOVERY RUN 40 MINUTES	5X1200 AT 10KM PACE OFF 90 SECOND JOG RECOVERY LAP JOG THEN 3X400 (60 SECOND JOG RECOVERY) AT 5KM PACE	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	45 MINUTES WITH THE LAST 20-25 MINUTES AT THRESHOLD	REST	45 MINUTE EASY RUN	90 MINUTE EASY RUN WITH LAST 20 MINUTES AT THRESHOLD
7	RECOVERY RUN 40 MINUTES	8X1KM AT 10KM PACE WITH 80 SECOND JOG RECOVERY	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	45 MINUTES WITH THE LAST 25 MINUTES AT THRESHOLD	REST	10/10/10/10 PROGRESSION RUN 10 EASY 10 STEADY 10 THRESHOLD 10 10KM PACE	1 HOUR 40 MINUTES EASY RUN WITH THE FINAL 40 MINUTES AT STEADY PACE
8	RECOVERY RUN 40 MINUTES	10X400 AT 5KM EFFORT (60 SECOND JOG RECOVERY) THEN 5 MINUTE JOG THEN 4KM THRESHOLD	45-60 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	45 MINUTE EASY RUN	REST	5KM AT 10KM PACE THEN 5 MIN JOG THEN 3KM THRESHOLD	1 HOUR 40 MINUTES EASY RUN WITH THE FINAL 40 MINUTES AT STEADY PACE
9	RECOVERY RUN 40 MINUTES	1 MILE THRESHOLD (3 MINUTE JOG RECOVERY) PLUS 7X600 AT 3KM PACE (200 JOG RECOVERY) PLUS 1 MILE THRESHOLD	45 MINUTE EASY RUN OR CROSS TRAINING PRE BREAKFAST	60 MINUTE EASY RUN	REST	2KM AT 10KM PACE (3 MIN JOG RECOVERY) PLUS 3X1KM AT 5KM PACE (75 SECOND JOG RECOVERY) 3 MIN JOG PLUS 4X400 AT 3KM PACE (60,45,30 SEC JOG RECOVERY)	70 MINUTE EASY RUN
10	RECOVERY RUN 30-40 MINUTES	4X800 AT 10KM EFFORT (90 SECOND JOG RECOVERY) 3 MINUTE JOG PLYS 3X200 STRIDE AT 3KM EFFORT OFF 200 JOG	45 MINUTE EASY RUN	30 MINUTE EASY RUN WITH THE LAST 10 MINUTES AT THRESHOLD	REST	20-30 MIN EASY RUN	10KM RACE!

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- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
 - 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 paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.



CONTACT US!
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