

10km TRAINING PLAN - IMPROVERS



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	REST	RECOVERY RUN 30-45 MINUTES	THRESHOLD RUN 4X5 MINUTES WITH A 2 MIN JOG RECOVERY	CROSS TRAINING 40 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	HILLS: 40-50 MINUTE RUN INCLUDING 10X45 SECOND FAST UP HILL WITH A JOG BACK RECOVERY	65 MINUTE EASY RUN
2	REST	RECOVERY RUN 40 MINUTES	THRESHOLD RUN 5X5 MINUTES WITH A 2 MIN JOG RECOVERY	CROSS TRAINING 40 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	HILLS: 5 MINS THRESHOLD PLUS 10X45 SECOND FAST UP HILL WITH A JOG RECOVERY BACK DOWN WITHIN A 45 MINUTE RUN	70 MINUTE EASY RUN
3	REST	EASY RUN 40-50 MINUTES	THRESHOLD RUN 5X5 MINUTES WITH A 90 SEC JOG RECOVERY	CROSS TRAINING 40-50 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	HILLS: 5 MINS THRESHOLD PLUS 10X50 SECOND FAST UP HILL WITH A JOG RECOVERY BACK DOWN WITHIN A 45 MINUTE RUN	75 MINUTE EASY RUN
4	REST	EASY RUN 50 MINUTES PRE BREAKFAST IF POSSIBLE	THRESHOLD RUN 6X5 MINUTES WITH A 90 SEC JOG RECOVERY	CROSS TRAINING 40-50 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	HILLS: 6 MINS THRESHOLD PLUS 10X50 SECOND FAST UP HILL WITH A JOG RECOVERY BACK DOWN PLUS 6 MINS THRESHOLD WITHIN A 45 MINUTE RUN	80 MINUTE EASY RUN
5	REST	EASY RUN 40 MINUTES	THRESHOLD RUN 6 MINS AT THRESHOLD (3 MIN JOG REC) PLUS 6X2 MINS AT 5KM PACE (90 SEC JOG REC)	CROSS TRAINING 40 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	PARKRUN OR SELF TIMED 5KM TIME TRIAL	60 MINUTE EASY RUN

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	REST	EASY RUN 50-60 MINUTES PRE BREAKFAST IF POSSIBLE	THRESHOLD RUN 6 MINS AT THRESHOLD (3 MIN JOG REC) PLUS 6X800 AT 5KM PACE (90 SEC JOG REC)	CROSS TRAINING 40-50 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	THRESHOLD RUN 3X10 MINS WITH 2 MIN JOG RECOVERY	90 MINUTE EASY RUN
7	REST	EASY RUN 50-60 MINUTES PRE BREAKFAST IF POSSIBLE	THRESHOLD RUN 8X1KM WITH 1-4 AT THRESHOLD AND 5-8 AT 10KM EFFORT (75 SECOND JOG RECOVERY)	CROSS TRAINING 40-50 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	10 MINS EASY PLUS 20 MINS AT 10KM PACE PLUS 10 MINS EASY	90 MINUTE EASY RUN
8	REST	EASY RUN 50-60 MINUTES PRE BREAKFAST IF POSSIBLE	8X400 (60 SEC JOG RECOVERY) AT 5KM PACE PLUS 5 MIN JOG THEN 12 MINS AT THRESHOLD	CROSS TRAINING 40-50 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	5X5 MINS AT THRESHOLD 960 SECOND JOG RECOVERY)	100 MINUTE EASY RUN
9	REST	EASY RUN 50-60 MINUTES PRE BREAKFAST IF POSSIBLE	1KM AT THRESHOLD (3 MIN JOG REC) PLUS 6X600 AT 5KM PACE (90 SEC JOG REC)	CROSS TRAINING 40 MINUTES PLUS STRENGTH AND CONDITIONING WORK	REST	PARKRUN OR SELF TIMED 5KM TIME TRIAL	70 MINUTE EASY RUN
10	REST	4X3 MINUTES AT 10KM PACE WITH A 2 MIN JOG RECOVERY WITHIN A 40 MINUTE RUN	30 MINUTE RECOVERY RUN	CROSS TRAINING 30 MINUTES OR REST	REST	20 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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