



10km Training Plan: Advanced

If you are an experienced 10km runner looking for a challenge then this plan is for you. We kick off with Threshold intervals from week one and have 4 runs a week along with some conditioning work and cross training. We'll use a 5km race in week 8 to test your fitness and make sure you are ready for race day.

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up running too quickly, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart. Here's our guide to the running sessions that you'll find

Type of Session	PERCEIVED EFFORT LEVEL (1-10)*	HOW IT SHOULD FEEL - "THE TALK TEST"
Recovery / Easy Run	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch
Steady Effort Run	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between Easy and Threshold running.
Threshold runs	8-8.5	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'
Long Run	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue
10km / Speedwork	9-9.5	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 1	30 minutes Conditioning Work	45 minutes Easy Run	40 Minutes Easy Cross-Training	10 Minutes Warm Up, 4 x 5 Minutes at Threshold effort with 90 secs jog recovery between efforts, 10 Minutes Cool Down	REST	30 minutes Steady Undulating Run	60 minutes Easy Long Run
Week 2	30 minutes Conditioning Work	10 Minutes Warm Up, 5 x 5 Minutes at Threshold effort with 90 secs jog recovery between efforts, 10 Minutes Cool Down	40 Minutes Easy Cross-Training	45 minutes Easy Run	REST	45 minutes Steady Undulating Run	70 minutes Easy Long Run
Week 3	30 minutes Conditioning Work	30 minutes Easy Run	10 minutes Warm Up, 10 x 1 minute on (90%+ effort) with 1 minute Easy Jog Recovery, 10 minutes Cool Down	40 Minutes Easy Cross-Training	REST	10 minutes Warm Up, 4 x 6 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down	75 minutes Easy Long Run
Week 4	30 minutes Conditioning Work	10 minutes Warm Up, 10 x 1:30 on (85-90% effort) with 1 minute Easy Jog Recovery, 10 minutes Cool Down	40 Minutes Easy Cross-Training	40 minutes Easy Run	REST	10 minutes Warm Up, 3 x 8 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down	75 minutes Easy Long Run
Week 5	30 minutes Conditioning Work	40 Minutes Easy Cross-Training	10 Minutes Warm Up, 6 x 5 Minutes at Threshold effort with 60 secs jog recovery between efforts, 10 Minutes Cool Down	30 minutes Recovery Run	10 minutes Warm Up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	REST	60 minutes Easy Long Run

Week 6	30 minutes Conditioning Work	10 minutes Warm Up, 5 x 6 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	30 minutes Recovery Run	REST	10 minutes Warm Up, 12 minutes at Threshold Effort, 3 minutes Recovery, 5 x 2 minutes at 10k pace with a 60 second recovery, 10 minutes Cool Down	40 Minutes Easy Cross-Training	75 minutes Easy Long Run
Week 7	30 minutes Conditioning Work	10 Minutes Warm Up, 4 x 8 Minutes at Threshold effort with 90 secs jog recovery between efforts, 10 Minutes Cool Down	REST	15 minutes Easy, 15 minutes Steady, 15 minutes Easy	REST	10 Minutes Warm Up, 8 x 3 Minutes at 90% effort with 90 secs jog recovery between efforts, 10 Minutes Cool Down	60 minutes Easy Long Run
Week 8	30 minutes Conditioning Work	10 minutes Warm Up, 3 x 10 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	30 minutes Easy Run	REST	5km Race	75 minutes Easy Long Run
Week 9	30 minutes Conditioning Work	REST	10 minutes Warm Up, 5 x 4 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	30 minutes Easy Run	REST	10 minutes Warm Up, 2 x 4 x 2 minutes at 5k Pace with a 60 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	75 minutes Easy Long Run
Week 10	30 minutes Conditioning Work	10 Minutes Warm Up, 4 x 8 minutes at Threshold effort with 60 secs jog recovery between efforts, 10 Minutes Cool Down	REST	50 minutes Easy Run	REST	10 minutes Warm Up, 6 x 4 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	90 minutes Easy Long Run

Week 11	30 minutes Conditioning Work	10 Minutes Warm Up, 4 x 10 minutes at Threshold effort with 90 secs jog recovery between efforts, 10 Minutes Cool Down	30 minutes Recovery Run	30 minutes Easy Cross Training	REST	10 minutes Warm Up, 6 x 4 minutes at 90% (10k) effort with a 75 second recovery, 10 minutes Cool Down	50 minutes Easy Long Run
Week 12	REST	10 Minutes Warm Up, 4 x 4 minutes at Threshold effort with 60 secs jog recovery between efforts, 10 Minutes Cool Down	REST	30 minutes Easy Run	REST	20 minutes Easy Run + Strides	10km Race Day

Making the Training Plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind:

Key sessions for each week are highlighted in Red. These are the non-negotiable sessions that you need to fit into your diary one way or view in order to run your best race.

Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an Easy Long Run, but this is for more advanced runners.

Sessions in Black are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.