



How to use this programme

This is a 10-week programme for runners aiming to complete 10k in 50 minutes. The plan has been set out with three key sessions per week and a long run. Days can be switched around depending on the groups regular training nights. They can be changed from Tuesday/Thursday to Monday/Wednesday, for example. The programme provides four days of running with the option for more or cross training depending on time and levels of fitness.

Key Pacing Information

10km Race Pace (10KP): 8:03 min per mile
 Slow/Easy run: 10 min per mile (6 Rate Perceived Exertion [RPE])
 Interval Sessions – 8/9 RPE
 Tempo Session – 7/8 RPE

Structure of Interval Session

RAMP Warm Up
 Session
 5 minutes easy running
 Static Stretching

Interval Session Info

Intervals can be run on a track, the road or grass where the surface is even. Recovery should be taken with an easy run or walk.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Recovery	45sec x10 30 sec recovery	Recovery	2min x6 60 sec recovery	Recovery	10min tempo run	45min long run
Week 2	Recovery	45sec x10 30sec recovery	Recovery	4min x4 2min recovery	Recovery	10min tempo	50 min long run
Week 3	Recovery	60sec x10 30sec recovery	Recovery	10min easy 10min tempo 10min easy	Recovery	Hills 30sec hill x8 jog back recovery	60min long run
Week 4	Recovery	5min x4 2min recovery	Recovery	45sec x10 30sec recovery	Recovery	12min tempo	75min long run

Week 5	Recovery	4min x6 2min recovery	Recovery	60sec x12 30sec recovery	Recovery	12min tempo	75min long run
Week 6	Recovery	2min x6 1min recovery 1min x4 30 sec recovery	Recovery	Hills 45sec hill x 8 jog back recovery	Recovery	14min tempo	60 min long run
Week 7	Recovery	6min x4 3min recovery	Recovery	60sec x12 30sec recovery	Recovery	14min tempo	75min long run
Week 8	Recovery	4min x5 2min recovery	Recovery	Hills 45 sec hill x 8 jog back rec	Recovery	16 min tempo	60 min long run
Week 9	Recovery	60sec x10 30 sec recovery	Recovery	3min x7 90 sec recovery	Recovery	16min tempo	60 min long run
Week 10	Recovery	45 sec x10 30 sec recovery	Recovery	40min easy run	Recovery	20min run strides	RACE

Key:

Interval (8/9 RPE) Tempo (7/8 RPE) EASY RUN (6 RPE)