



How to use this programme

This is a 12-week programme for runners aiming to complete 10k in 60 minutes. The plan has been set out with two key sessions per week, one long run and one short run. Days can be switched around and Run Leaders may like to facilitate the key sessions for their group on their regular training nights and so change them from Tuesday/Thursday to Monday/Wednesday, for example and prescribe the short run to be carried out individually on another day. The group may also meet for the long run or it could be done individually. The programme provides four days of running. The other three days should be used for cross training or recovery depending on time and levels of fitness.

Key Pacing Information

10km Race Pace (10KP): 9:39 min per mile
 Slow/Easy run: at or slower than 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	7min tempo	Recovery	3min x 5 90 sec walking recovery	20 min easy run	Recovery	33min easy long run
Week 2	Recovery	8min tempo	Recovery	1,2,3,4,3,2,1min with half recoveries	23 min easy run	Recovery	35min easy long run
Week 3	Recovery	9min tempo or 8-10 20sec hills	Recovery	4min x 4 20min walking recovery	25min easy run	Recovery	40min easy long run

Week 4	Recovery	10min tempo	Recovery	1,1,2,2,3,3,4,4 With half recovery	25min easy run	Recovery	parkrun
Week 5	Recovery	10min tempo	Recovery	5min x 4 With 2min walking recovery	28min easy run	Recovery	40min easy run long run
Week 6	Recovery	12 min tempo	Recovery	3min x6 90 sec easy jog or walking recovery	30 min easy run	Recovery	45min easy long run
Week 7	Recovery	12 min tempo plus 4 x 15sec hills	Recovery	4min x2 90sec rec 2min x 4 45sec rec 4min x 2 90 sec rec	30min easy run	Recovery	50min easy long run
Week 8	Recovery	14 min tempo plus 4 x 15 sec hills	Recovery	4min x 5 with 90 sec easy jog or walk recovery	30min easy run	Recovery	55 min easy long run
Week 9	Recovery	16 min tempo plus 4 x 15 sec hills	Recovery	1,2,3,4,4,3,2,1min with easy jog or walk half recovery	30min easy run	Recovery	60min easy long run
Week 10	Recovery	18 min tempo	Recovery	5min x 4 90 sec easy jog recovery	30min easy run	Recovery	60min easy long run
Week 11	Recovery	16min tempo	Recovery	1min x12 45sec recovery	30 min easy run	Recovery	40min easy long run
Week 12	Recovery	3min x6 90 sec rec	Recovery	30min easy	20min easy run with 4 strides 70%x1 80%x2 90%x1	Recovery	RACE DAY

Key: Interval (8/9 RPE)

Tempo (7/8 RPE)

EASY RUN (6 RPE)