Complete a 10k Plan

How to use this programme

This is a 10-week programme for runners aiming to complete a 10k race or run. The plan has been set out with two group sessions per week and a long run with the option of cross training in between. 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 cross training 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 three days of running in total.

Key Pacing Information

Day 7 - Slow/Easy run: 6 Rate Perceived Exertion [RPE]
Day 2 – Easy shorter run – 7/8 RPE
Day 4 – Intervals – 8/9 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 (Group Session- consistent pace run)	Wednesday	Thursday (Group Session- Intervals)	Friday	Saturday	Sunday (Long Run, take walking breaks where necessary)
Week 1	Recovery	20min easy run	Recovery	1min run / 30sec jog recovery x6	Optional 20min easy run or cross train	Recovery	30 min easy run
Week 2	Recovery	20min easy run	Recovery	90sec run / 45sec jog recovery x5	Optional 20min easy run or cross train	Recovery	30 min easy run
Week 3	Recovery	20 min easy run	Recovery	1min run /30sec jog recovery x8	Optional 20min easy run or cross train	Recovery	35min easy run
Week 4	Recovery	25min easy run	Recovery	20min easy run	Optional 20min easy run or cross train	Recovery	40min easy run or parkrun with warm up and cooldown

Week 5	Recovery	25min easy run	Recovery	2min run/ 1min jog recovery x 5	Optional 20min easy run or cross train	Recovery	45min easy run
Week 6	Recovery	25min easy run	Recovery		Optional 20min easy run or cross train	Recovery	50min easy run
Week 7	Recovery	30min easy run	Recovery	3min run/90sec jog recovery x 4	Optional 20min easy run or cross train	Recovery	55min easy run
Week 8	Recovery	30min easy run	Recovery	1min run/ 30sec jog recovery x 10	Optional 20min easy run or cross train	Recovery	60min easy run
Week 9	Recovery	30min easy run	Recovery	2min run/ 1 min jog recovery x 6	Optional 20min easy run or cross train	Recovery	50min easy run
Week 10	Recovery	20min easy run	Recovery	1min run/ 30 sec jog recovery x6	Recovery	Recovery	**RACE**