

10km Training Plan - Improvers



This plan is for those who are already running a couple of times a week, minimum of 5km, who wish to improve on their 10km time. It includes three runs, Steady (Tues), Speedwork/ Hills (Thurs) and Distance (Sun). You should do a warmup of easy running and drills before starting the Speedwork/ Hills sessions.

Key to terms

Easy – conversational pace, 6/10 effort

Steady – 7/10 effort

Tempo – 8/10 effort, close to your 10km race pace

Fast – your fastest pace, usually for a short distance followed by jog recovery, 9/10 effort

Week 1 – 01/01/24

| | |
|-----------|----------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 4km steady, inc hills |
| Wednesday | |
| Thursday | Speedwork: 3 x 1km @ 10km pace with 2 min jog recoveries |
| Friday | |
| Saturday | |
| Sunday | Distance: 5km easy |

Week 2 – 08/01/24

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|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 4km as 2km steady, 1km tempo, 1km easy |
| Wednesday | |
| Thursday | Speedwork: Hills Pyramid - 1 x 45 secs (7/10 effort), 2 x 30 secs (8/10 effort), 3 x 15 secs (9/10 effort), 2 x 30 secs (8/10 effort), 1 x 45 secs (7/10 effort) with jog recovery back down hill to same point |
| Friday | |
| Saturday | |
| Sunday | Distance: 6km easy |

Week 3 – 15/01/24

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|-----------|----------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 4.5km steady, inc hills |
| Wednesday | |
| Thursday | Speedwork: 4 x 800m @ 5km pace with 2 min jog recoveries |
| Friday | |
| Saturday | |
| Sunday | Distance: 7km easy |

Week 4 - 22/01/24

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| Monday | |
| Tuesday | Steady: 4.5km as 2km steady, 1.5km tempo, 1km easy |
| Wednesday | |
| Thursday | Speedwork: Summit Hills - 6 x 45 sec (8/10 effort), with last 15 secs (summit) of the 45 sec accelerate to 9/10 effort. Jog recoveries back down hill to same point |
| Friday | |
| Saturday | |
| Sunday | Distance: 8km easy |

Week 5 - 29/01/24 – Lighter week

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| Monday | |
| Tuesday | Steady: 3km steady, inc hills |
| Wednesday | |
| Thursday | Speedwork: 5 x 400m @ faster than 5km pace with 90 sec jog recoveries |
| Friday | |
| Saturday | |
| Sunday | Distance: 4km easy |

Week 6 - 05/02/24

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| Monday | |
| Tuesday | Steady: 5km as 2km steady, 2km tempo, 1km easy |
| Wednesday | |
| Thursday | Speedwork: Longer Hills - 6 x 2 mins 9/10 effort with jog recovery back down hill to same point |
| Friday | |
| Saturday | |
| Sunday | Distance: 9km easy |

Week 7 - 12/02/24

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|-----------|----------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 5km steady, inc hills |
| Wednesday | |
| Thursday | Speedwork: 4 x 1km @ 10km pace with 2 min jog recoveries |
| Friday | |
| Saturday | |
| Sunday | Distance: 8km easy with last 1km at 10km pace |

Week 8 - 19/02/24

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|-----------|-------------------------------------------------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 5.5km as 2km steady, 2.5km tempo, 1km easy |
| Wednesday | |
| Thursday | Speedwork: Shorter Hills - 8 x 1 min 9/10 effort with jog recovery back down hill to same point |
| Friday | |
| Saturday | |
| Sunday | Distance: 9km easy with last 2km at 10km pace |

Week 9 - 26/02/24

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|-----------|----------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 6km steady inc hills |
| Wednesday | |
| Thursday | Speedwork: 5 x 800m @ 5km pace with 2 min jog recoveries |
| Friday | |
| Saturday | |
| Sunday | Distance: 10km easy with kms 5,6,7 at 10km pace |

Week 10 - 04/03/24

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|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday | |
| Tuesday | Steady: 6km as 2km steady, 3km tempo, 1km easy |
| Wednesday | |
| Thursday | |
| Friday | Speedwork: Hills Pyramid - 1 x 60 secs (7/10 effort), 2 x 45 secs (8/10 effort), 3 x 30 secs (9/10 effort), 2 x 45 secs (8/10 effort), 1 x 60 secs (7/10 effort) with jog recovery back down hill to same point |
| Saturday | |
| Sunday | Distance: 8km easy with last 4km at 10km pace |

Week 11- 11/03/24

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|-----------|-------------------------------------------------|
| Monday | |
| Tuesday | Steady: 5km as 3km steady, 2km at 10km pace |
| Wednesday | |
| Thursday | 3km as 1km steady, 1km at 10km pace, 1km steady |
| Friday | |
| Saturday | |
| Sunday | 10km Race and celebration! |

It is advisable to have a health check with your GP before starting any exercise programme. Run with Elkie is not responsible for any injury or incident which may arise as a result of participating in this programme.

Run with Elkie is a local running coaching business, Elkie's child is at Goring Primary. Elkie offers one to one coaching in person and virtual training plans. If you are interested in finding out more please visit www.runwithelkie.co.uk or email elkie@runwithelkie.co.uk