

10K TRAINING PLAN



TERMINOLOGY

STRENGTH & CONDITIONING

Mix of short bursts of effort (intervals) with circuit-style training using bodyweight, weights, or machines. Supports endurance, recovery, and strength.

MOBILITY

Controlled, flowing movements to improve flexibility, range of motion, and reduce injury risk.

STRENGTH

Full-body lifts (squats, deadlifts, presses) and single-leg exercises to build balance, stability, posture, and running efficiency.

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 x 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

WANT TO READ MORE ABOUT THIS PLAN?

SCAN THE QR CODE BELOW



10K TRAINING PLAN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------------------|---------|---|-------------------------|--------|------------------------------|----------|
| WEEK 01 | Easy Run: 20min | Rest | The Berlin: 6 x 1min effort with 1 minute off between each | Strength & Conditioning | Rest | Long Run: 30min | Rest |
| WEEK 02 | Easy Run: 30min | Rest | The Tokyo: 5 x 3min. This session is 5 x 3 minute efforts with 90 seconds recovery | Strength & Conditioning | Rest | Long Run: 45min | Rest |
| WEEK 03 | Easy Run: 35min | Rest | The Berlin: 6 x 1min. This session is 6 x 1 minute on, 1 minute off | Strength & Conditioning | Rest | Long Run: 50min | Rest |
| WEEK 04 | Easy Run: 30min | Rest | Tempo Run: 35min (15min @ Tempo) | Strength & Conditioning | Rest | Long Run: 45min | Rest |
| WEEK 05 | Easy Run: 35min | Rest | The Rome: 6 x 2min efforts with 2 minute recovery | Strength & Conditioning | Rest | Long Run: 60min | Rest |
| WEEK 06 | Easy Run: 40min | Rest | The Albufeira: 1 x 4min, 2 x 3min, 4 x 2min | Strength & Conditioning | Rest | Long Run: 70min | Rest |
| WEEK 07 | Easy Run: 40min | Rest | The Copenhagen: 3 x 6min/3min. Take 1 minute recovery after each 6 minute rep and 2 minutes after each 3 minute rep | Strength & Conditioning | Rest | Long Run: 60min | Rest |
| WEEK 08 | Easy Run: 30min (+ Strides) | Rest | Easy Run: 30min (+ Strides) | Strength & Conditioning | Rest | Easy Run: 20mins (+ Strides) | Race Day |