

10km

Training Plan



In partnership with



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MACMILLAN
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	Run 2×10 min run, easy effort, with a 5 min brisk walk recovery	Rest	Run 2×12 min run, easy effort, with a 3 min brisk walk recovery	Rest	Rest or aerobic cross training 20–30 mins aerobic cross training all easy effort	Run 2×15 mins easy effort run with a 5 min brisk walk recovery
2	Rest	Run 20 min easy effort, recovery run	Rest	Run 20 min easy effort, recovery run	Rest	Rest or aerobic cross training 20–30 mins aerobic cross training all easy effort	Run 30 min easy effort
3	Rest	Run 10 mins run, easy effort, then 3x(3 min at threshold with 2 min walk/jog recovery)	Rest	Run 30 mins easy effort	Rest	Rest or aerobic cross training 30 mins aerobic cross training all easy effort	Run 40 mins run, easy effort (if needed do as 2×20 mins with a 5 min brisk walk)
4	Rest	Run 10 mins run easy effort then 3x(4 min at threshold with 2 min walk/jog recovery) then 10 min run easy effort	Rest	Run 30 mins including 10 mins easy effort, 10 mins steady effort, (slightly faster) 10 mins easy effort	Rest	Rest or aerobic cross training 30 mins aerobic cross training all easy effort	Run 40 mins easy effort
5	Rest	Run 30 mins easy effort	Rest	Run 40 mins easy effort	Rest	Park run or self-timed 5km time trial	Recovery run 30 mins easy effort

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	Rest	3×5 mins at threshold pace with 2 min jog recovery within a 30 min run	Rest	Run 30 mins easy effort	Rest	Rest or aerobic cross training 30 mins aerobic cross training with middle 20 mins harder effort	Run 50 mins easy effort
7	Rest	4×5 mins at threshold pace with 90 sec jog recovery within a 30 min run	Rest	Progression run 10 mins easy, 10 mins steady, 10 mins nearing threshold effort	Rest	Rest or aerobic cross training 30 mins aerobic cross training with the last 15 mins harder than the first plus strength and conditioning	Run 50–60 mins easy effort
8	Rest	4×6 mins at threshold pace with 90 sec jog recovery within a 30–40 min run	Rest	Run 20 mins easy effort plus 20 mins steady effort (No recovery)	Rest	Rest or aerobic cross training 40 mins aerobic cross training with the middle 20 mins harder effort	Run 60–70 mins easy effort
9	Rest	Fartlek session of 6 min, 5 min, 4 min, 3 min, 2 min, 1 min all with a 90 sec jog recovery	Rest	Progression run 15 mins easy, 15 mins steady, 15 mins nearing threshold effort	Rest	Run 40–45 mins easy effort	Run 40 mins easy effort
10	Rest	5×3 mins at threshold pace with 2 min jog recovery within a 30 min run	Rest	Run 20 mins easy effort	Cross training 20 mins easy effort	Rest	10k Race. Good luck!