

## 10K Training Plans

### Beginner 10k Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	REST	1.5 mile run	Cross Train or Rest	1.5 mile run	REST	2 mile run	20-25 min easy
2	REST	2 mile run	Cross Train or Rest	2 mile run	REST	2.5 mile run	20-25 min easy
3	REST	2.5 mile run	Cross Train or Rest	2 mile run	REST	3 mile run	25-30 min easy
4	REST	2.5 mile run	Cross Train or Rest	2 mile run	REST	3.5 mile run	30-35 min easy
5	REST	3 mile run	Cross Train or Rest	2.5 mile run	REST	4 mile run	35-40 min easy
6	REST	3 mile run	Cross Train	2.5 mile run	REST	4.5 mile run	40-45 min easy
7	REST	3.5 mile run	Cross Train	3 mile run	REST	5 mile run	40-45 min easy
8	REST	3 mile run	Cross Train or Rest	2 mile run	REST	REST	RACE DAY

### Intermediate 10k Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Cross train or rest	4 x 400m intervals	3 mile run	30 min tempo	REST	4 mile run	30 min easy
2	Cross train or rest	5 x 400m intervals	3.5 mile run	35 min tempo	REST	5 mile run	35 min easy
3	Cross train or rest	6 x 400m intervals	3.5 mile run	35 min tempo	REST	6 mile run	35 min easy
4	Cross train or rest	7 x 400m intervals	4 mile run	40 min tempo	REST	6 mile run	40 min easy
5	Cross train or rest	8 x 400m intervals	4.5 mile run	40 min tempo	REST	7 mile run	40 min easy
6	Cross train or rest	8 x 400m intervals	4.5 mile run	40 min tempo	REST	7.5 mile run	45 min easy
7	Cross train or rest	6 x 400m intervals	4 mile run	40 min tempo	REST	8 mile run	45 min easy
8	Cross train or rest	3 mile run	40 min tempo run	3 mile run	REST	REST	RACE DAY

### Glossary

**Easy:** Training to be done at your own pace, jogging and walking where necessary.

**Cross Train:** This is non running based training, for example going to the gym or playing a squash match

**Tempo Training:** The middle parts of these sessions should involve you running at your race day pace or just above it. Before and after that section you should jog to warm up and cool down.

**Intervals:** Maximum effort for a set distance followed by a rest period of around a minute or so to recover before repeating the exercise.