

Advanced 10k Training Plan

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Welcome to your advanced 10k training plan. This plan will detail your preparations for the Linlithgow 10k over 10 weeks. Running well over 10km requires a combination of speed, endurance and stamina with key workouts to help you hold pace for the full distance.

The plan is for seasoned runners who are already running 4-6 times per week, have already raced over 10km and are looking to improve their overall time or time of the challenging Linlithgow 10k course. With the interval workouts, always include a good warm up of a few km and cool down after the main set.

Week 1

The first week of the plan is settling into some consistency of running whilst also working on your stamina and threshold with two key workouts and a longer run. The 400m reps to be run at your 5k effort and the 10min reps at your lactate threshold effort (comfortably hard).

Week 2

Continuing to build with a repeat of the threshold session and longer reps running at faster than target pace in the 800m session, again run at your 5k effort.

Week 3

We are now building volume with the threshold session, which will be key to your success in the race. Remember that threshold is "comfortably hard". **If you're struggling to finish the session, you are running too fast.** Looking at trying to hit close to your target 10k pace over the 1km reps this week.

Week 4

You'll likely start feeling fatigued now. You've been working hard for 4 weeks and we'll take a recovery week next week. But first we have 2 more key 10k pace sessions and threshold sessions. The 2km reps to be run at your perceived 10km race pace effort.

Week 5

After 4 weeks of the block, we will take an easier week to absorb the training, take some recovery before moving into the 2nd half of the training block.

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Week 6

Into the 2nd half of the training block. Here we are repeating a session where we can see the progress we have made in the last 4 weeks and a classic continuous threshold run of 25mins. Again remember the threshold is "comfortably hard", not all out.

Week 7

This week, we introduce a mixed pace session. This will get you used to running strongly on tired legs, as you will need in the final few km of the 10k. Don't go out too hard in the first 10min block. You'll feel tired starting the last 10min block after the 3 min reps (done at 5k effort), but you'll surprise yourself that you can do it well.

Week 8

Two more weeks of work before we taper and we build on the mixed pace workout putting some hill work in (Linlithgow 10k does have a few lumpy sections) and keep the legs running fast with the interval session earlier in the week.

Week 9

This week includes a marker workout around 10-12 days out from your goal race so that you can see where your fitness is and whether your goal time is achievable. If you can run 3 x 3km workout at your target pace then on race day when properly tapered, you can be confident to go out at this target pace.

Week 10

It's race week. This week is all about getting recovered and fuelled for your race at the weekend. You've put the work in over the last 10 weeks and now it's time to put it to the test. A shorter, intense workout early in the week to get the legs moving faster than your goal race pace. Good Luck!

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Easy 8km	Interval session 10 x 400m, 5km pace, 75 seconds recovery	Easy 8km	Interval session: 3 x 10mins Threshold, 2mins recovery	Rest	10km Easy Run + 6 x 20sec strides	Long run: 15km easy
Week 2	Easy 8km	Interval session 6 x 800m, 5km pace, 2 mins recovery	Easy 8km	Interval session: 3 x 10mins Threshold, 2mins recovery	Rest	10km Easy Run + 6 x 20 sec strides	Long run: 20km easy
Week 3	Easy 8km	Interval session 5 x 1km, 5k pace, 2 mins recovery	Easy 8km	Interval session: 3 x 12mins Threshold, 2mins recovery	Rest	10km Easy Run + 6 x 20sec strides	Long run: 20km easy
Week 4	Easy 8km	Interval session 4 x 2km 10k pace, off 3mins	Easy 8km	Interval session: 3 x 12mins Threshold, 2mins recovery	Rest	10km Easy Run + 6 x 20 sec strides	Long run: 20km easy

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Rest	10km Easy Run + 6 x 20sec strides	Easy 8km	Interval session 6 x 1min hard, 1 min walk	Rest	10km Easy Run + 6 x 20sec strides	Long run: 15km easy
Week 6	Easy 8km	Interval session 12 x 400m at 5km pace off 75 seconds	Easy 8km	Interval session session: 25min continuous threshold	Rest	10km Easy Run + 6 x 20 sec strides	Long run: 20km Easy
Week 7	Easy 8km	Interval session 8 x 800m at 5km pace off 90 seconds	Easy 8km	Interval session: 10mins threshold [3mins]; 5 x 3min [90sec]; 10mins threshold	Rest	10km Easy Run + 6 x 20sec strides	Long run: 20km easy

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Easy 8km	Interval session 8 x 1km at target 10km pace, off 2mins	Easy 8km	Interval session: 12mins threshold [3mins]; 5 x 90sec hills [90sec]; 12mins threshold	20 min run	10km Easy Run + 6 x 20 sec strides	Long run: 20km easy
Week 9	Easy 8km	Interval session 3 x 3km target 10km pace, off 2min	Easy 8km	Interval session session: 25min continuous threshold	20 min run	10km Easy Run + 6 x 20sec strides	Long run: 15km easy
Week 10	Rest	Interval session 8 x 400m at 5k pace	Easy 6km	3 x 1km at target 10km pace, 90 seconds recovery	Rest	10km Easy Run + 6 x 20 sec strides	LINLITHGOW 10K

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How to read this plan:

Easy run: This is exactly what it says. Easy means your effort should be no more than 4/10, approximately 60-90 seconds slower than your target pace for the race. You should be able to hold a conversation at the effort you are running at. This means if you run uphill, you will run slower, and downhill, a little quicker. Try not to look at your watch and just run at a pace that feels easy.

Long run: Much the same as an easy run, however a little longer once per week to help build your aerobic endurance. Effort no more than 4/10 and around 60-90 seconds slower than your target race pace.

Rest: Take a rest day from running. If you have another activity planned then try to make sure that its not going to leave you tired.

Strides: 20 seconds of running fast but controlled and not all out and then walking back to the start and repeating 4 times. they are not intended to be very hard and are there to turn your legs over faster than race pace and improve our co-ordination and smoothness at pace.

Interval sessions: All these sessions you should include 2-4km of an easy run to warm up. You may want to include some dynamic stretches or strides. Recoveries between efforts should be either walking or very easy jogging.

Threshold: This is a “comfortably hard” pace. Its fast running, but well within yourself. You can use the talk test - Can you say 5 words before you need another breath? This is threshold.