

Intermediate 10k Training Plan

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Welcome to your intermediate 10k training plan. This plan will detail your preparations for the Linlithgow 10k over 10 weeks. The goal of the plan is to build on the base that you have achieved with a beginner plan to feel stronger over the distance and start to introduce some more specific workouts.

The plan is aimed at runners who have already completed a few 10k runs or races, are running 3-4 times per week, and are looking to either bring their time down, run with more confidence over this distance or run strongly over the challenging Linlithgow 10k course. This plan will introduce you to structured "interval" workouts with faster paced running and varied efforts within your regular weekly runs. With the interval workouts, always include a good warm up and cool down of a few km.

Week 1

The first week of the plan is settling into some consistency of running and an introduction to some threshold efforts. Threshold should feel comfortably hard and we will start with 24 mins broken into 6 minute blocks. Later in the week we'll keep the consistency, add some short but faster bursts and a longer run.

Week 2

Continuing to build with another threshold session, but slightly longer reps and less recovery, getting your legs used to running quickly as they get fatigued.

Week 3

We are now building volume with the threshold session, which will be key to your success in the race. The session this week is a continuous workout and remember that threshold is "comfortably hard". **If you're struggling to finish the session, you are running too fast.** We're also building the weekend longer run 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 a session designed to work on your stamina. 90 second repetitions are short enough so you can run quickly, but long enough to push your legs and lungs. We're going to run these at a little faster than our 5k effort.

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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 second half of the training block.

Week 6

The session this week is hill repetitions, which will help you tackle some of the hills on our undulating route. Find a hill that is not too steep and run up for 1 minute before very slowly jogging back down. Try to turn at the same place each rep.

Week 7

This week, we introduce some 10k specific pace to get your legs used to that effort. 3 minutes can feel a long time to be running so try to even your effort over the 8 repetitions. We are also building our longer run again to be overdistance. This will give you the confidence that you can finish the race well.

Week 8

Two more weeks of work before we taper. we build on the 10k work, with longer reps and a little less rest than previous sessions but with the same level of effort

Week 9

This week includes a 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. It includes 40mins at your 10k pace, but with recovery breaks. You may find this hard but remember on race day you will have tapered and be well rested for the effort.

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 its time to put it to the test. We will do a shorter workout designed to give you confidence to run well. Focus on your effort, don't go too fast and you'll finish feeling strong. The work is now done. Youre ready! Good Luck!

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Interval session: 4 x 6mins threshold, 2mins recovery	Easy 5km	Easy 5km run + 4 x 20 sec strides	Rest	Easy 5km	Long run: 8km easy
Week 2	Rest	Interval session: 3 x 8mins threshold, 2mins recovery	Easy 5km	Easy 6km run + 4 x 20sec strides	Rest	Easy 5km	Long run: 8km easy
Week 3	Rest	Interval session: 20 mins continuous threshold	Easy 5km	Easy 6km run + 4 x 20sec strides	Rest	Easy 5km	Long run: 10km easy
Week 4	Rest	Interval session 8 x 90 sec at faster than 5k pace, 75 sec recovery	Easy 5km	Easy 6km run + 4 x 20sec strides	Rest	Easy 5km	Long run: 10km easy

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Rest	7km Easy Run + 4 x 20sec strides	Easy 5km	Easy 7km	Rest	Easy 5km run + 4 x 20 sec strides	Long run: 8km easy
Week 6	Rest	Interval session; 10 x 60secs uphill, 90secs walk back down	Easy 5km	Easy 6km run + 4 x 20sec strides	Rest	Easy 5km	Long run: 10km Easy
Week 7	Rest	Interval session 8 x 3mins at 10k pace, 90 sec recovery	Easy 5km	Easy 6km run + 4 x 20sec strides	Rest	Easy 5km run + 4 x 20 sec strides	Long run: 12km easy

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Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Rest	Interval session 6 x 5min at target 10km pace, 2mins recovery	Easy 5km	Easy 6km run + 4 x 20sec strides	Rest	5km Easy Run + 4 x 20 sec strides	Long run: 12km easy
Week 9	Rest	Interval session 5 x 8min target 10km pace, 90 secs recovery	Easy 8km	Easy 6km run + 4 x 20sec strides	Rest	Easy 5km run + 4 x 20 sec strides	Long run: 10km easy
Week 10	Rest	Interval session: 4 x 1km at target 10k pace, 90 sec recovery	Rest	Easy 7km	Rest	Very easy 25min run + 4 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, and quite a bit 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 again will be slower than your target pace for the race.

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 your co-ordination and smoothness at pace.

Interval sessions: All these sessions you should include 1-3km 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. Include an easy run cool down afterwards too of at least a few minutes.

Threshold: This is a “comfortably hard” effort. It’s 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. Threshold is an effort, and the pace you’re running at can depend on many factors like weather, terrain, tiredness etc.