# 10K Training Plan: Advanced

This plan was created by our training partner Full Potential.

This plan is written for an experienced runner, used to regular training 5 or 6 times a week looking to break 40 minutes for the first time or better their time further below 40 minutes. When starting any training plan, you need to be honest with yourself in setting a realistic training goal and following a training plan that is suitable for you. The plan you choose should be applicable to your current fitness level. It should also fit in with your availability to train each week. Think carefully about your work, family and social commitments. Whilst you want to challenge yourself, your training should always be enjoyable and not too hard, so you don’t go from session to session feeling fatigued. We wish you the best of luck with your training!

## Measuring Your Effort

It’s important that you run at the right effort level and intensity to ensure you’re training to reach your full potential. Most of us think that running “harder is better” so we end up running too quickly, which can result in feeling tired, illness or injury. Understand what each run is trying to achieve and how it should feel is the way to train smart, so here’s a guide to the running sessions that you’ll find mentioned in the training plan and a note of how they should feel as a ‘talk test’.

## Table 1: Measuring your effort (table consists of 4 columns, 5 rows, header in row 1)

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| --- | --- | --- | --- |
| **Type of Run** | **PERCEIVED EFFORT LEVEL (1-10)\*** | **HEART RATE** | **HOW IT SHOULD FEEL – “THE TALK TEST”** |
| Easy / Recovery Run | 6-6.5 | 65 - 70% | You can speak in complete sentences, totally conversational, you’re walking or running relaxed, enjoying it and not worrying about the watch |
| Steady Effort Run | 7-8 | 70 - 80% | You can speak in short sentences but have a slight pause on your breath. This can often be ‘no man’s land’ in training terms if this is all you do. |
| Threshold Effort Runs / Kenyan Hills | 8-8.5 | 80 - 85% | You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured, and you know you’re working, we call this ‘controlled discomfort’ |
| Speedwork | 8.5 and above | 85% plus | You can say only 2-3 words maximum and are out of breath but still know that you could do a little more if you had to |

## Table 2: 8-week training plan

|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | 30 mins cross training easy effort, 30 mins strength and conditioning + stretch | 10 - 15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins recovery run, 30 mins strength and conditioning (focus on core and upper body exercises) + stretch | 10 - 15 mins warm-up, 4 x 5 mins at Threshold effort over undulating terrain with 90 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | REST | 40 mins Steady effort run over undulating run - push some of the hills to 90 pct effort + Stretch | 75 mins easy effort run + stretch |
| **Week 2** | 30 mins cross training easy effort, 30 mins strength and conditioning + stretch | 10 - 15 mins warm-up, 6 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins recovery run, 30 mins strength and conditioning (focus on core and upper body exercises) + stretch | 10 - 15 mins warm-up, 4 x 5 mins at Threshold effort over undulating terrain with 90 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | REST | 45 mins Steady effort run over undulating run - push some of the hills to 90 pct effort + Stretch | 90 mins easy effort run + stretch |
| **Week 3** | 30 mins cross training easy effort, 30 mins strength and conditioning + stretch | 10 - 15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins recovery run, 30 mins strength and conditioning (focus on core and upper body exercises) + stretch | 45 mins Steady effort run over undulating run - push some of the hills to 90 pct effort + Stretch | REST | 10 - 15 mins warm-up, 4 x 5 mins at 90 pct effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 90 mins easy effort run + stretch |
| **Week 4** | 30 mins cross training easy effort, 30 mins strength and conditioning + stretch | 10 - 15 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins recovery run, 30 mins strength and conditioning (focus on core and upper body exercises) + stretch | 10 - 15 mins warm-up, 6 x 2 mins at 5k effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | REST | 10 - 15 mins warm-up, 6 x 5 mins at 90 pct effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 90 mins easy effort run + stretch |
| **Week 5** | REST | 10 - 15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins recovery run, 30 mins strength and conditioning (focus on core and upper body exercises) + stretch | 10 - 15 mins warm-up, 6 x 2 mins at 5k effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | REST | 10 - 15 mins warm-up, 6 x 5 mins at 90 pct effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 90 mins easy effort run + stretch |
| **Week 6** | REST | 10 - 15 mins warm-up, 6 x 3 mins at 90 pct effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins recovery run, 30 mins strength and conditioning (focus on core and upper body exercises) + stretch | 10 - 15 mins warm-up, 5 x 1 min at 5k effort with 30 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 15 mins easy effort run including up to 6 sets of strides + stretch | **5k Race** | 60 mins easy effort run + stretch |
| **Week 7** | REST | 30 mins cross training easy effort, 30 mins strength and conditioning + stretch | 10 - 15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | REST | 10 - 15 mins warm-up, 6 x 5 mins at 90 pct effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins Recovery run + Stretch | 60 mins easy effort run + stretch |
| **Week 8** | REST | 10 - 15 mins warm-up, 5 x 3 mins at 90 pct effort with 60 secs jog recovery between efforts, 10 - 15 mins cool-down + Stretch  | 30 mins Recovery run + Stretch | 40 mins easy effort run including up to 6 sets of strides + stretch | REST | 15 mins easy effort run including up to 6 sets of strides + stretch | **10k Race Day** |