

RUNDERWEAR™

10km TRAINING PLAN
IMPROVER



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TRAINING PLAN



THE PLAN

This plan is aimed at people who run regularly and feel confident to run continuously for up to 45-60 minutes or more at an easy pace. You will likely have completed a 10km before and are looking to get faster for feel better for the next one.

COMPLETING THE PLAN

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as 'XT'. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 7/10 effort on back to back days. It's fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check up with a professional before undertaking any running training plan.

GUIDING YOUR EFFORT

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--------|---|------------|--|--------|--|--|
| WEEK 1 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 sets of 5 minutes at 7/10 effort with 90-120s brisk walk recovery Cool down: 5-10 min easy run at 2-3/10 effort | Rest / S&C | Run Session: 30-45 min easy run at 2-3/10 effort | Rest | Run or XT session: 30 min as: 10 mins easy at 2-3/10, 10 mins steady at 4-5/10, 10 mins at controlled discomfort 6-7/10 effort | Run Session: 60-70 min easy run at 3-4/10 effort |
| WEEK 2 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 4 sets of 6 minutes at 7/10 effort with 90-120s brisk walk recovery Cool down: 5-10 min easy run at 2-3/10 effort | Rest / S&C | Run Session: 30-45 min easy run at 2-3/10 effort | Rest | Run or XT session: 35 min as: 10 mins easy at 2-3/10, 15 mins controlled discomfort at 6-7/10, 10 mins easy at 2-3/10 effort | Run Session: 70 min easy run at 3-4/10 effort |
| WEEK 3 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 sets of 5 minutes at 7/10 effort with 90-120s brisk walk recovery Cool down: 5-10 min easy run at 2-3/10 effort | Rest / S&C | Run Session: 30-45 min easy run at 2-3/10 effort | Rest | Run or XT session: 45 min as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort | Run Session: 70-80 min easy run at 3-4/10 effort |
| WEEK 4 | Rest | Run Session: 30 min easy run at 2-3/10 effort | Rest / S&C | Rest or 30 min steady at 3-5/10 | Rest | 5km time trial, 30 min easy run at 2-3/10 if tired | Run Session: 45-60 mins at 2-3/10 effort |
| WEEK 5 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through Cool down: 5-10 min easy run at 2-3/10 effort | Rest / S&C | Run Session: 45-60 min easy run at 2-3/10 effort | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 6 mins at 6-7/10, 2 mins rest, then 10-12 x 60 secs at 8-9/10 with 60s rest, Cool down: 5-10 min easy run at 2-3/10 effort | Run Session: 70-80 min easy run at 3-4/10 effort |
| WEEK 6 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 10 x 60 secs at 8-9/10 with 60-75s rest/walk, 2 mins rest, then 6 mins at 7/10 effort Cool down: 5-10 min easy run at 2-3/10 effort | Rest / S&C | Run Session: 45-60 min easy run at 2-3/10 effort | Rest | Run or XT session: 45 mins with the final 20 mins at 6-7/10 effort | Run Session: 70-80 min at 3-4/10 |
| WEEK 7 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 6 mins, 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 9/10 aim to get faster as you go through Cool down: 5-10 min easy run at 2-3/10 effort | Rest / S&C | Run Session: 40-50 min easy run at 2-3/10 effort | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 10-12 x 60 secs at 8-9/10 with 60-75s rest/walk, 2 mins rest, then 6 mins at 7/10 effort Cool down: 5-10 min easy run at 2-3/10 effort | Run Session: 50-60 mins at 3-4/10 effort |
| WEEK 8 | Rest | Warm up: 10 min easy run at 2-3/10 effort Main Session: 3-4 sets of 3 minutes at 7/10 effort with 90-120s jog recovery Cool down: 5-10 min easy run at 2-3/10 effort | Rest | Run Session: 30 mins easy at 2-3/10 | Rest | 10K RACE!! GOOD LUCK! | Rest |

| RPE SCALE | WHAT IT MIGHT FEEL LIKE.... |
|-----------|--|
| 0 | Sat at home in your armchair |
| 1 | Brisk walking for some, very easy jogging for others. Able to fully converse with no effort. |
| 2-3 | Easy running, able to hold a full conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever. |
| 4-5 | Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours. |
| 6-7 | Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed. |
| 8-9 | Working hard at 3km-10km effort. You have to focus and work to maintain pace. You'll be breathing strongly and will feel like you need the recovery between efforts. |
| 10 | Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable. |