



## HOW TO ACHIEVE YOUR 10KM PB

The plans below are designed for the purpose of improving your 10km time in just 4 weeks. We have created a plan for both intermediate runners and advanced runners.

Typically, you are an **intermediate runner** if you are running 5-6 times per week, averaging 30-40km a week.

An **advanced runner**, is someone who has been running for approximately 4 or more years, runs 5-6 times weekly and averages 50+km a week.

If these running plans have caught your eye but you are a **beginner** to running, please get in touch for an alternative running plan to suit your goals email: [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk).

### RUNNING PLANS

Our intermediate and advanced running plans are based on current research and accredited running plans. They include a variety of different techniques to improve your running fitness, pace, endurance, and strength, with the end goal being a 10km PB. You will find the plans colour coded into different types of runs so you know exactly what to do each day.

Here are the definitions and benefits of each run type

#### 1 INTERVALS

short periods of high intensity combined with longer periods of sustainable pace. High intensity periods could be speed based or hills. Benefits include, increased pace, improved Cardiovascular (CV) and Muscular endurance (ME), adds variety into your run.





- 2 SPEED WORK**  
Speed-based intervals where you will run for a distance or period of time at close to maximum pace (VO2 max). Improves overall speed and speed endurance (anaerobic endurance), strengthens your stride.
- 3 HILLS**  
Running up an incline, try to add a variety of inclines into your plan on hill days. Improves CV and ME endurance, increases your leg strength, improves both stride speed and length, improves overall pace, improves mental resilience.
- 4 FARTLEK**  
A continuous run at a steady pace with bursts of fast pace. Improves strength, speed, and endurance, develops race tactics (your ability to overtake throughout the race etc), increases your understanding of your sprint threshold whilst running (how long you can sprint for before returning to a steady pace).
- 5 TEMPO**  
Runs at a fast, sustainable fast pace (around a 7/10 in difficulty or higher). Improves race pace (longer distance at a faster pace), increases speed and CV endurance, improves your ability to clear lactic acid when running at a fast pace.
- 6 RECOVERY**  
Active recovery where you complete a distance at a slower pace than usual. Maintains fitness without overtraining your muscles and focuses on running form.





## INTERMEDIATE RUNNING PLAN - IMPROVE 10K TIME (TARGET 10K TIME = 40-50 MINUTES)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST DAY	2.5-3km warm up, then 6x 2min fast intervals, with 2-3min recovery jog in-between, 2.5-3km cool down	10k at an easy pace, with 10x 100m of strides, do these every 1km	5-6km at a fast but maintainable pace	REST DAY	10-12km at an easy pace, include hills in your route	8-10km at an easy pace
WEEK 2	REST DAY	2.5-4km warm up, then 5x 3min fast intervals, with 2m30s recovery jog in-between, 2.5-4km cool down	8-11km at an easy pace, with 8-12x 100m of strides	3k at an easy pace 3k at a fast pace 3k at an easy pace	REST DAY	10-12km fartlek run, pyramid efforts, (equal fast:recovery intervals, 1:1,2:2,3:3, 4:4 and so on)	9-11km at an easy pace
WEEK 3	REST DAY	4km warm up, then 5x 3m30s fast intervals, with 3min recovery jog in-between, 4km cool down	REST DAY	10-13km at a steady pace, include hills in your route	REST DAY	3km easy pace 1.5km fast pace 1.5km easy pace 1.5km fast pace 3km easy pace	12-15km fartlek run, pyramid efforts, (equal fast:recovery intervals, 1:1,2:2,3:3, 4:4 and so on)
WEEK 4	REST DAY	4km warm up, 4x 4min fast intervals, with 3min recovery jog in-between, 4km cool down	8-11km at an easy pace	10km at a steady pace	REST DAY	5k at an easy pace, include strides (5x100m)	<b>RACE PACE 10k! (aim for PB)</b>

TRAINING NOTES \_\_\_\_\_

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TRAINING PLAN KEY:  
INTERVALS(HILLS OR SPEED)

SPEED WORK

FARTLEK TRAINING



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## ADVANCED RUNNING PLAN - IMPROVE 10K TIME (TARGET 10K TIME = 35-40 MINUTES)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	8-10km run at 80% of maximum pace	3km warm up, then 6x 3min fast intervals, with 1m30s recovery jog in-between, 3km cool down	8-11km run at easy pace, include at least 8x 100m strides	3km easy pace, 3km fast pace (but not 100%)	REST DAY	45-60mins of mixed fartlek run (you choose the duration of bursts of speed)	12km at an easy pace
WEEK 2	8-9.5km run with gradual acceleration in pace	3km warm up, then 5x 4min fast intervals, with 2min recovery jog in-between, 3km cool down	8km at an easy pace, include hills	11km at an easy pace	REST DAY	1km warm up then speed pyramids, 2x of the following 1:1, 2:2, 3:3, 4:4 80% pace: recovery jog	14-16km at an easy pace
WEEK 3	8km at a steady pace with at least 8x 100m strides	3km warm up, then 5x 4m30s fast intervals, with 2min recovery jog in-between, 3km cool down	8km at a very easy pace OR REST DAY	30-40mins of fartlek at a fairly easy pace with short bursts of speed (20s, 30s, 40s or 50s)	REST DAY	Track day – 800m warm up, then 4x 400m fast pace with 400m jog recoveries, then 1200m cool down	16-18km at an easy pace
WEEK 4	6-8km at an easy pace	3km warm up, then 4x 4min fast intervals, with 2min recovery jog in-between, 3km cool down	10-11km at an easy pace	10km at a steady pace, 75-80% maximum pace	REST DAY	6k at an easy pace, include strides (6x100m)	<b>RACE PACE 10k! (aim for PB)</b>

### TRAINING NOTES

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### TRAINING PLAN KEY:

INTERVALS(HILLS OR SPEED)

SPEED WORK

FARTLEK TRAINING



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