

Eight-Week 10-K Training Plan

“THE BEAUTY OF A 10-K is that it requires both speed and endurance,” says Dr Greg McMillan, exercise physiologist and owner of McMillan Running. Whether you’re hoping to nail a time goal or simply to cover the

distance, his intermediate plan will help you to get there. This plan is designed for athletes who have been running at least three or four

times per week for the last two months, with a weekly long run of 12 to 15 kilometres and an average weekly mileage of 30 to 50 kilometres. Find more plans at runnersworld.co.za/10km.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	OFF	40-60 min. easy run	OFF	PP: 5-6 x 2 kays, with an 800m recovery jog between each	OFF	40-60 min. easy run or XT	70-90 min. long run
2	OFF	40-60 min. easy run	OFF	SS: 12-16 x 200m at 5-K pace (or 10-15 seconds faster than GRP), with a 200m recovery jog between each. Then do 4 form strides.	OFF	40-60 min. easy run or XT	80-90 min. long run (include a 1-minute surge, at 5-K to 10-K pace, every 10 minutes)
3 RECOVERY WEEK	OFF	OFF or 30-40 min. easy run	OFF	PP: 3 kays, followed by a 5-min. recovery jog. Then do 3-4 x 2 kays, with a 3-4 min. recovery jog between each.	OFF	OFF or 30-40 min. easy run (or XT)	60-80 min. long run (or 5-K Tuneup Race)
4	OFF	40-60 min. easy run	OFF	SS: 4-5 x 2 kays at 5-K to 10-K pace, with a 400-800m recovery jog between each. Then do 4 form strides.	OFF	40-60 min. easy run or XT	80-90 min. long run (include a 1-minute surge, at 5-K to 10-K pace, every 10 minutes)
5	OFF	40-60 min. easy run	OFF	PP: 2 x 3 kays, with a 5-min. recovery jog between each. Then do 1-2 x 2 kays, with a 3-min. recovery jog between each.	OFF	40-60 min. easy run or XT	80-90 min. long run, with last 10-20 min. at TR pace
6 RECOVERY WEEK	OFF	OFF or 30-40 min. easy run	OFF	SS: 10-14 x 400m at 5-K pace, with a 200m recovery jog between each. Then do 4 form strides.	OFF	OFF or 30-40 min. easy run (or XT)	60-70 min. long run, with last 10-20 min. at TR pace
7	OFF	30-50 min. easy run, plus 5-6 form strides	OFF	PP: 3 x 3 kays, with a 5-min. recovery jog between each	OFF	30-50 min. easy run or XT	70-80 min. long run, with last 10 min. at TR pace
8 RACE WEEK	OFF	PP: 8-10 x 400m, with a 200m recovery jog between each	OFF	40-50 min. easy run, plus 5-6 form strides	OFF	20-30 min. easy run	10-K race

KEY

EASY RUN: The primary purpose of the easy run is to maintain aerobic efficiency and improve running economy. You want to complete these at an easy to moderate effort (5 to 6 on a scale of 1 to 10).

PACE PRACTICE (PP): These workouts should be performed at Goal Race Pace (GRP). If you don’t know your GRP, then run your first week’s PP at a medium-hard effort and take your average pace for all of the two kilometre repeats – use this as your current GRP.

CROSS-TRAIN (XT): Do something to help build your aerobic fitness, such as the elliptical, aqua jogging, cycling, or swimming. You can also include other types of workouts, like yoga or strength-training, in your schedule (on ‘off’ days), as long as they don’t leave you too sore or tired for your running sessions.

LONG RUN: Perform these endurance-building workouts at an easy effort (4 to 6 on a scale of 1 to 10), focusing on distance over speed.

SPEED SESSION (SS): These hard track intervals (running shorter distances at faster speeds, followed by bouts of recovery) will help you pick up your pace and boost your VO2 max.

FORM STRIDES: Run 50m to 100m quickly (faster than 5-K pace – not quite an all-out sprint), using really great running form (landing with feet under hips, keeping back tall, abs engaged, and shoulders relaxed), with a 100m recovery walk/jog between each.

5-K TUNE-UP RACE: Race a 5-K

either to test your current GRP or to perform at all-out race pace to establish your 5-K fitness and better predict your 10-K GRP (5-K pace, plus 5 to 10 seconds per kilometre).

TEMPO RUN (TR): The tempo runs help improve your lactate threshold pace, or the max speed at which you’re able to run for 10 kilometres. These should be performed at a pace that’s 10 seconds (per kilometre) slower than GRP, up to GRP.