

INTERMEDIATE / ADVANCED 10K TRAINING PLAN

This 10k plan is designed for those who run regularly and are looking to progress or beat their PB. Don't forget the rest days - they're important for recovery and progression.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Rest	40 mins steady	40 mins tempo	Rest	30 mins easy or cross train	Long run: 6 miles (10k)
Week 2	Rest	30 mins interval running	40 mins steady	30 mins tempo	Rest	40 mins easy or cross train	Long run: 7 miles (11k)
Week 3	Rest	Rest	30 mins tempo	40 mins easy	Rest	20 mins cross train	Long run: 5 miles
Week 4	Rest	30 mins interval running	40 mins steady	40 mins tempo	Rest	40 mins easy or cross train	Long run: 7 miles (11k)
Week 5	Rest	40 mins tempo	40 mins steady	30 mins interval running	Rest	40 mins cross train	Long run: 9 miles (14k)
Week 6	Rest	30 mins interval running	40 mins steady	40 mins tempo	Rest	40 mins easy or cross train	Long run: 10 miles (16k)
Week 7	Rest	Rest	40 mins tempo	30 mins easy	Rest	50 mins cross train	Long run: 6 miles (10k)
Week 8	Rest	30 mins interval running	40 mins steady	30 mins tempo	Rest	50 mins easy or cross train	Long run: 9 miles (14k)
Week 9	Rest	40 mins tempo	40 mins steady	40 mins interval running	Rest	40 mins cross train	Long run: 5 miles (8k)
Week 10	Rest	40 mins tempo	Rest	Rest	20 mins easy	Rest	Long run: 6 miles (10k)

Interval running: Alternating fast running and slow jogging or walking.

Tempo: Running at a challenging pace but not sprinting.

Cross training: Any exercise apart from running that raises your heart rate.