



## Intermediate sub 50 mins 10k training plan

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid this and perform at your best is

to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each should feel in its effort and intensity. Here's a guide for just that.

### Is this plan suitable for me?

This plan is for new runners. You'll have had very little fitness training (or none at all), and now you want to run 10k for the first time. Ask yourself if the plan matches your current fitness level, and take care to see that it fits your

availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	<b>Workout run</b> 10-15 mins warm up, 5 x 5 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	<b>Run</b> 45 minutes of steady run on undulation terrain + stretch	Rest	<b>Run</b> 40 minutes of steady run on undulation terrain(push some of the hills to hard effort) + stretch	<b>Run</b> 60 mins easy effort run + stretch
<b>Week 2</b>	Rest	<b>Run</b> 40 mins easy run + stretch	<b>Workout run</b> 10-15 mins warm up, 3 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	Rest	<b>Workout run</b> 10-15 mins warm up, 5 x 3 mins run at hard effort with 60 sec recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 70 mins easy effort run + stretch
<b>Week 3</b>	Rest	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	<b>Workout run</b> 10-15 mins warm up, 3 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 40 mins easy run + stretch	Rest	<b>Workout run</b> 10-15 mins warm up, 5 x 3 mins run at hard effort with 60 sec recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 75 mins easy effort run + stretch
<b>Week 4</b>	Rest	<b>Workout run</b> 10-15 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	<b>Run</b> 40 mins easy run + stretch	Rest	<b>Workout run</b> 10-15 mins warm up, 5 x 3 mins run at hard effort with 60 sec recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 45 mins easy effort run + stretch
<b>Week 5</b>	Rest	<b>Workout run</b> 10-15 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	<b>Run</b> 40 mins easy run + stretch	Rest	<b>Run</b> 5k race at 10k effort	<b>Run</b> 60 mins easy effort run + stretch
<b>Week 6</b>	Rest	<b>Workout run</b> 10-15 mins warm up, 15 mins at threshold effort, 10-15 mins cool down + stretch	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	<b>Run</b> 30 mins easy effort run + stretch	Rest	<b>Workout run</b> 10-15 mins warm up, 5 x 3 mins run at hard effort with 60 sec recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 75 mins easy effort run + stretch
<b>Week 7</b>	Rest	<b>Workout run</b> 10-15 mins warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 30 mins easy effort run + stretch	<b>Cross-training</b> 30 mins cross-training easy effort <b>Conditioning</b> 30 mins strength and conditioning + stretch	Rest	<b>Workout run</b> 10-15 mins warm up, 5 x 3 mins run at hard effort with 60 sec recovery jog between sets, 10-15 mins cool down + stretch	<b>Run</b> 45 mins easy effort run + stretch
<b>Week 8</b>	Rest	<b>Workout run</b> 10-15 mins warm up, 4 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	Rest	<b>Run</b> 30 mins steady run + stretch	Rest	<b>Run</b> 20 mins easy effort run + stretch	<b>10k race day</b> 