



Training Plan – 10k Run

Key

LSD Long Steady Distance
 REST Day Off

Run Pacing Recovery Pace Under 50% (4/10) Able to easily hold a conversation whilst moving
 Easy Pace 50-65% (6/10) Able to hold a conversation with a few breaths
 Steady Pace 65-80% (7/10) Hard to hold a conversation,
 Tempo Pace 80-90% (8/10) Not able to converse, able to hold this pace for upto 45mins-1hr
 Intense Pace 90-100% (10/10) Hard - all out effort

WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
1	Easy/Steady Run 30mins	Short Intervals Session 5x3mins Tempo 90secs Recovery	REST	Steady/Tempo Run 30mins 3x3mins Tempo	REST	Longer Intervals 3x8mins Tempo 2mins Jog Recovery	LSD Session 40mins Walk/Jog
2	Easy/Steady Run 30mins	Short Intervals Session 6x3mins Tempo 90secs Recovery	REST	Steady/Tempo Run 30mins 3x3mins Tempo	REST	Longer Intervals 3x8mins Tempo 90secs Recovery	LSD Session 50mins Walk/Jog
3	Easy/Steady Run 35mins	Short Intervals Session 4x4mins Tempo 90secs Recovery	REST	Steady/Tempo Run 35mins 4x3mins Tempo	REST	15mins & Stretching	Paced Session 5k Pace Intensity
4	Easy/Steady Run 35mins	Speed/Power Intervals Hill Reps 6x60/80M Intense walk back down recovery	REST	Steady/Tempo Run 30mins 3x4mins Tempo	REST	Short Intervals Session 4x4mins Tempo 75sec Recovery	LSD Session 60mins Walk/Jog

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WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
5	Easy/Steady Run 35mins	Short Intervals Session 5x5mins Tempo 75secs Recovery	REST	Steady/Tempo Run 35mins 4x4min Tempo	REST	Longer Intervals 2x10mins Tempo 3mins Jog Recovery	LSD Session 70mins Walk/Jog
6	Easy/Steady Run 40mins	Speed/Power Intervals Hill Reps 6x60/80M Intense walk back down recovery	REST	Steady/Tempo Run 40mins 4x5mins Tempo	REST	Short Intervals Session 5x6mins Tempo 75secs Recovery	LSD Session 70mins Walk/Jog
7	Easy/Steady Run 40mins	Short Intervals Session 6x6mins Tempo 75secs Recovery	REST	Steady/Tempo Run 40mins 4x5mins Tempo	REST	15mins & Stretching	Paced Session 5k Pace Intensity
8	Easy/Steady Run 25mins	Short Intervals Session 5x4mins Tempo 60secs Recovery	REST	Steady Run 25mins 10x 30secs Tempo	REST	15mins & Stretching	Race Day!

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