

INTERMEDIATE 10K TRAINING PLAN

(LOWER VOLUME)

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(LOWER VOLUME)

So you want to better that 10k PB?

Consistency is absolutely the key to success in the pursuit of any long distance running goal. This plan aims to give you that consistency, alongside a progressive weekly volume that targets both the aerobic strength required for the 10k distance, alongside some higher end more intensive intervals, with varying paces to simulate the fatigue you'll experience towards the latter end of the race.

If you want to test your fitness at the halfway mark, you can always swap a Saturday session for a 5k race or parkrun, just make sure to run very easy the next day!

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BEFORE YOU START

Before choosing to complete this plan, you should be in a good existing rhythm with your running and should be **able to consistently run 4-5 days per week already**, and be completing around 25 miles per week comfortably. If this is not the case, consider starting with a beginner 10k training plan to get your consistency and volume up before attacking this plan.

If you get sick or you pick up an injury during the plan, don't run through it and carry on blindly. Illness can be made much worse by further stressing the body out by running through it, not to mention how difficult running can be when you're unwell. Niggles and smaller injuries can soon turn into serious ones, so make sure you see a physio to get any level of injury checked out and follow their advice.

If you miss training days for other reasons; life gets in the way and you're too busy or plans change, that's ok - it happens to everyone! Try to pick up the next day if you've only missed one or two days and you should be fine to continue, the extra rest may even be a blessing. If you miss 5+ days, it is always worth reducing the volume for a week or so as you ease in - try cutting down runs and sessions by 20-30% if this is the case.

Disclaimer: Always consult your doctor before starting a new exercise routine. This plan is appropriate for runners with some experience of interval training. Any loss or injury incurred through the use of this guide will be the sole responsibility of the individual completing it, and not Phily Bowden Coaching. Any replication of the content within this document without the permission of Phily Bowden Coaching will be considered as a breach of copyright. In using the information within this document, you agree to the above terms.

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PLAN KEY

- **"WU" and "CD"** : These are there on session days to ensure you do a decent **warm up** and **cool down** jog on session days to increase circulation, get your heart rate and breathing gently raised before the session, and to prepare your body for recovery post-session. You should also consider adding in drills and strides to your pre-session warm up, and some light warm up movements at home before getting out for your easy runs too.
- **HR:** If you have a **heart rate monitor**, it can be useful to use it as a guide to keep you in the prescribed paces or zones, e.g., tempo at 80-90% of predicated/estimated max HR, according to your watch.
- **Easy runs:** Easy paced runs should feel sustainable for a long time, your **HR should be around 65-75% of maximum** or "**zone 2**" and you should feel like you can maintain a conversation throughout. **Easy runs are essential to allow the body to recover**, absorb all the hard training, while forming a solid proportion of your volume - building up your load capacity.
- **Interval session:** Broken up intervals or reps of differing paces/effort, with timed recoveries. Sometimes these will be by distance (e.g. 1km, 400m..), and sometimes they will be to time (e.g. 5 mins, 2 mins..). These sessions should take you into HR zone 5 or 90%+ of maximum at times. Aim for the feeling of race pace - they're short periods of time so its never long until you have a some recovery time, which you can walk or do a very slow jog. These are great at building up your speed endurance, a key tenet of 10k training.
- **Tempo pace:** Running at tempo should feel hard, but you could still answer questions with short answers - this is a pace you could roughly sustain for 1 hour. **Aim to be at 80-90% of maximum HR or in zone 3-4.** Tempo is really great at improving lactate threshold - essentially, **helping you maintain a faster pace, for longer.**
- **Rest:** I shouldn't need to explain this one... put your feet up and let that body recover! All your hard training is being absorbed and your muscles are getting ready to be able to attack the next week.



TRAINING PLAN OVERVIEW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	40 minute run	15 min WU Interval session 15 min CD	40 minute run	REST	15 min WU Tempo session 15 min CD	50 minute run
WEEK 2	REST	40 minute run	15 min WU Interval session 15 min CD	40 minute run	REST	15 min WU Tempo session 15 min CD	50 minute run
WEEK 3	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	15 min WU Tempo session 15 min CD	55 minute run
WEEK 4	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	50 min run	55 minute run
WEEK 5	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	15 min WU Tempo session 15 min CD	60 minute run
WEEK 6	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	15 min WU Tempo session 15 min CD	60 minute run

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TRAINING PLAN OVERVIEW

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	15 min WU Tempo session 15 min CD	70 minute run
WEEK 8	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	15 min WU Tempo session 15 min CD	70 minute run
WEEK 9	REST	50 minute run	15 min WU Interval session 15 min CD	45 minute run	REST	15 min WU Tempo session 15 min CD	65 minute run
WEEK 10	REST	50 minute run	15 min WU Interval session 15 min CD	40 minute run	REST	15 min WU Tempo session 15 min CD	60 minute run
WEEK 11	REST	45 minute run	15 min WU Interval session 15 min CD	35 minute run	REST	15 mins easy OR 10K RACE	15 mins easy OR 10K RACE

KEY ()= recovery - in seconds , unless stated as mins
 CD = Cool down – jog
 WU = Warm up - jog

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WEEK 1

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	40 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 1600m (2 mins), 1km (90), 4 x 400m (75)	Reps should be at 10k race pace.
Thursday	40 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 10 mins (2 mins), 6 mins (2 mins), 5 mins (2 mins), 4 mins	Reps should be at 80-90% of your max HR, or a pace you can sustain for roughly an hour
Sunday	50 minute run	Easy long run - should be able to hold a conversation

WEEK 2

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	40 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 1600m (2 mins), 800 (90), 2 x 400m (75), 800 (90), 2 x 400m (75)	1600m at 10k race pace, 800 and 400m faster than 10k pace - aim to keep reps consistent throughout
Thursday	40 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 10 mins (2 mins), 6 mins (2 mins) 4 mins (90) 3 mins (90,) 2 mins	80-90% of your max HR, or a pace you can sustain for an hour, keep pace the same from 10 mins down to 2 mins
Sunday	50 minute run	Easy long run - should be able to hold a conversation



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WEEK 3

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 6 mins (2 mins), 2 x 4 mins (90), 2 mins (90), 4 x 90 secs (75)	Start out at 10k pace and aim to progressively get quicker as the reps get shorter
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 10 mins (2 mins), 5 mins (90 secs), 7.5 mins (90 secs), 5 mins	Reps should be at 80-90% of your max HR, or a pace you can sustain for roughly an hour - same pace throughout
Sunday	55 minute run	Easy long run - should be able to hold a conversation



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WEEK 4

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 6 mins (2 mins), 2 x 2 mins (90), 4 mins (90), 3 x 2 mins (90), 2 x 90 secs (60)	Aim for between 5-10k pace, you should be able to run harder and faster as the reps get shorter
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 12 mins (2 mins) 5 mins (90), 5 mins (90), 2 mins	Same as last week, a consistent tempo pace throughout, going for slightly longer at the start this time
Sunday	55 minute run	Easy long run - should be able to hold a conversation



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WEEK 5

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 1600m (2 mins), 1 km (90), 4 x 400m (75)	Same session as in week 1 - aim for 10k race feel and compare your splits to see how you've progressed
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 10 mins (2 mins) 7.5 mins (90), 5 mins (90), 2.5 mins	Same as last week, find that consistent tempo pace throughout and lock in
Sunday	60 minute run	Easy long run - should be able to hold a conversation



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WEEK 6

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 1600m (2 mins), 800 (90), 2 x 400m (75), 800 (90), 2 x 400m (75)	1600m at 10k race pace, 800 and 400m faster than 10k pace - aim to keep reps consistent throughout
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 15 mins (2 mins), 6 mins (90 secs) 4 mins	Same as last week, a consistent tempo pace throughout, going for slightly longer at the start this time
Sunday	60 minute run	Easy long run - should be able to hold a conversation



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WEEK 7

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 6 mins (2 mins), 2 x 4 mins (90), 2 mins (90), 4 x 90 secs (75)	Start out at 10k pace and aim to progressively get quicker as the reps get shorter
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 10 mins (2 mins) 7.5 mins (90), 5 mins (90), 2.5 mins	Reps should be at 80-90% of your max HR, or a pace you can sustain for roughly an hour - same pace throughout
Sunday	70 minute run	Easy long run - should be able to hold a conversation



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WEEK 8

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 6 mins (2 mins), 2 x 2 mins (90), 4 mins (90), 3 x 2 mins (90), 2 x 90 secs (60)	Aim for between 5-10k pace, you should be able to run harder and faster as the reps get shorter
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 12 mins (2 mins) 5 mins (90), 5 mins (90), 2 mins	Same as last week, a consistent tempo pace throughout, going for slightly longer at the start this time
Sunday	70 minute run	Easy long run - should be able to hold a conversation



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WEEK 9

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 1600m (2 mins), 2 x (1k (90), 600 (90), 400 (2 mins))	10k pace for 1600, get quicker as reps get shorter down to 400 - keep pace controlled when starting the second set
Thursday	45 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 15 mins (2 mins), 6 mins (90 secs) 4 mins	Same as last week, find that consistent tempo pace throughout and lock in
Sunday	65 minute run	Easy long run - should be able to hold a conversation

WEEK 10

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	50 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 6 mins (2 mins), 2 x 4 mins (90), 2 mins (90), 4 x 90 secs (75)	Aim for between 5-10k pace, you should be able to run harder and faster as the reps get shorter
Thursday	40 minute run	Easy, recovery run - should be able to hold a conversation
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	Tempo session: 12 mins (2 mins), 7.5 mins (90), 7.5 mins (90). 5 mins	Same as last week, find that consistent tempo pace throughout and lock in
Sunday	60 minute run	Easy long run - should be able to hold a conversation

WEEK 11

	Plan	Aim
Monday	Rest	Offload the legs and let that training be absorbed
Tuesday	45 minute run	Easy, recovery run - should be able to hold a conversation
Wednesday	Interval session: 1600m (2 mins), 1km (90), 4 x 400m (75)	10k pace for everything today, nice and relaxed for the 400's - no need to sprint, the hard work is already banked
Thursday	35 minute run	Easy, recovery run - no session today, time to taper those legs fresh
Friday	Rest	Offload the legs and let that training be absorbed
Saturday	15 minute run OR 10K RACE	If your 10k race is on the Sunday, do 15 minutes very easy today, with optional for 3-4 relaxed strides after If your 10k race is today, go get after it! The training is done, now to reap the rewards!
Sunday	15 minute run OR 10K RACE	

YOU DID IT!

I hope you enjoyed completing this 10k plan,. If you did, be sure to let me know how it went by leaving a comment on one of my YouTube videos! I love hearing how people have got on with their training and races.

LOVE THE GRIND.

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