



**British  
Lung  
Foundation**

# 10km running plan experienced

Training plans are provided by



[blf.org.uk/events](http://blf.org.uk/events)

Registered charity in England and Wales (326730),  
Scotland (038415) and the Isle of Man (1177)



## A few **tips** for using this plan

- Do a warm up and cool down before and after every session.
- Rest is crucial. If you find yourself getting tired increase the number of rest days.
- If you're injured, very sore or if it is not safe to run consider cross training or a conditioning session instead of running.
- Try to stretch every day for 10 minutes.
- For ideas on conditioning and stretching exercise please see the 'Guide to Better Running'.
- Always eat within 20-30 minutes of finishing a run.

## Running glossary

- **Cross training** involves working your heart and lungs but not through running. This could be time spent cycling, swimming or on a rower. Check the 'Guide to Better Running' for more ideas.
- **Fartlek sessions** are running at different speeds for different lengths of time.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort. You'll be short of breath but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Continuous hills** is an exercise running on a steady gradient at threshold pace.

# 10km running plan: experienced



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30mins recovery run + conditioning	30min progression run with 10mins easy, 10mins steady and 10mins at threshold	45mins relaxed run	30 mins threshold run including 4 x 5mins with 2 mins jog recovery	Rest	Continuous hills - 4 x 5mins with 2min jog recovery	Long run 60-75 mins
Week 2	30mins recovery run + conditioning	45min progression run with 15mins easy, 15mins steady and 15mins at threshold	45mins relaxed run	Threshold run, 3 x 7mins at threshold with 3 min jog recovery	Rest	Continuous hills - 4 x 6mins with 2min jog recovery	Long run 70-80mins
Week 3	30mins recovery run + conditioning	AM: 30mins recovery run  PM: Threshold run, 5 x 5mins with 1min jog recovery	45mins relaxed run	AM: 30mins easy run  PM: 45mins including 2 x 10mins at threshold with a 3min jog recovery	Rest	AM: Continuous hills - 5 x 6mins with 2min jog recovery  PM: 30min recovery run or cross training	Long run 80-90mins
Week 4	30mins recovery run + conditioning	AM: 30mins recovery run  PM: 6mins threshold, then 5 x 3mins at 5k pace with 90 sec recovery	45mins relaxed run	AM: 30mins easy run  PM: 45mins run including 2 x 12 mins at threshold with a 3min jog recovery	Rest	AM: Continuous hills - 3 x 10mins with 2min jog recovery  PM: 30min recovery run or cross training	Long run 90mins

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 5</b>	Rest	6mins run at threshold, then 8 x 400m with 60 secs between each effort	30mins recovery run	30mins progression run as 10mins easy, 10mins steady, 10mins at threshold	Rest	5k TT or race. Add a 30mins warm down afterwards	Long run 75mins relaxed
<b>Week 6</b>	30-45mins recovery run + conditioning	AM: 30mins recovery run  PM: Threshold run. 3 x 10 mins at threshold with 2 min jog recovery	50mins run relaxed	AM: 30mins recovery run  PM: 30mins recovery run	Rest	AM: Intervals. 4 x 6mins at 10km pace with 2min jog recovery  PM: 30mins recovery run or cross training	Long run 90mins easy
<b>Week 7</b>	30-45mins recovery run + conditioning	AM: 30mins recovery run  PM: 45mins run with last 20mins at threshold	60mins run relaxed	AM: 30mins recovery run  PM: 10 x 3mins run with odd no.s at threshold and even no.s at 5k pace	Rest	Recovery Run 30-45mins	Long run 90mins with last 40mins to include 4 x 6mins at threshold (3-4 min easy recovery)
<b>Week 8</b>	30-45mins recovery run + conditioning	AM: 30mins easy run  PM: Out and back 40mins – out for 20, turn and back faster	60mins run relaxed	AM: 30mins recovery run  PM: 10 x 3mins with odd no.s at threshold and even no.s at 5k pace	Rest	Recovery Run 30-45mins	Easy long run 90-100mins with last 30 at threshold

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 9	30-45mins recovery run + conditioning	AM: 30mins easy run  PM: 45mins run with last 25mins at threshold	45mins run relaxed	AM: 30mins recovery run  PM: 8 x 3mins with at 5k pace	Rest	Park run or 5km TT	Easy long run 60-75mins
Week 10	30mins recovery run + conditioning	45mins run including 3 x 5mins at 10km pace	30mins easy run	Progression run of 10/10/10	Rest	Easy run and stretch 15-20mins	<b>Race day – good luck!</b>

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Good luck and don't forget to keep us posted with your progress: [events@blf.org.uk](mailto:events@blf.org.uk)