NSPCC

Advanced sub 40 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 experienced runners. You'll already train 5 or 6 times a week, and now you want either to break 40 minutes or beat your personal best. 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

EVERY CHILDHOOD IS WORTH FIGHTING FOR

fullpotential

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	**Cross-training** 30 mins cross-training easy effort **Conditioning** 30 mins strength and conditioning + stretch	**Workout run** 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	**Recovery** 30 mins recovery run **Conditioning** 30 mins strength and conditioning (focus on core and upper body exercises) + stretch	**Workout run** 10-15 mins warm up, 4 x 5 mins at threshold effort over undulating terrain with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	**Rest**	**Run** 40 mins steady effort run over undulating terrain – push some of the hills to hard effort + stretch	**Run** 75 mins easy effort run + stretch
Week 2	**Cross-training** 30 mins cross-training easy effort **Conditioning** 30 mins strength and conditioning + stretch	**Workout run** 10-15 mins warm up, 6 x 5 mins at threshold effort with 90 secs recovery jog between sets, 10-15 mins cool down + stretch	**Recovery** 30 mins recovery run **Conditioning** 30 mins strength and conditioning (focus on core and upper body exercises) + stretch	**Workout run** 10-15 mins warm up, 4 x 5 mins at threshold effort over undulating terrain with 90 secs jog recovery between sets, 10-15 mins cool down + stretch	**Rest**	**Run** 45 mins steady effort run over undulating terrain – push some of the hills to hard effort + stretch	**Run** 90 mins easy effort run + stretch
Week 3	**Cross-training** 30 mins cross-training easy effort **Conditioning** 30 mins strength and conditioning + stretch	**Workout run** 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	**Recovery** 30 mins recovery run **Conditioning** 30 mins strength and conditioning (focus on core and upper body exercises) + stretch	**Run** 45 mins steady effort run over undulating run – push some of the hills to hard effort + stretch	**Rest**	**Workout run** 10-15 mins warm up, 4 x 5 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Run** 90 mins easy effort run + stretch
Week 4	**Cross-training** 30 mins cross-training easy effort **Conditioning** 30 mins strength and conditioning + stretch	**Workout run** 10-15 mins warm up, 4 x 8 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Recovery** 30 mins recovery run **Conditioning** 30 mins strength and conditioning (focus on core and upper body exercises) + stretch	**Workout run** 10-15 mins warm up, 6 x 2 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Rest**	**Workout run** 10-15 mins warm up, 6 x 5 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Run** 90 mins easy effort run + stretch
Week 5	**Rest**	**Workout run** 10-15 mins warm up, 3 x 10 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Recovery** 30 mins recovery run **Conditioning** 30 mins strength and conditioning (focus on core and upper body exercises) + stretch	**Workout run** 10-15 mins warm up, 6 x 2 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Rest**	**Workout run** 10-15 mins warm up, 6 x 5 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Run** 90 mins easy effort run + stretch
Week 6	**Rest**	**Workout run** 10-15 mins warm up, 6 x 3 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Recovery** 30 mins recovery run **Conditioning** 30 mins strength and conditioning (focus on core and upper body exercises) + stretch	**Workout run** 10-15 mins warm up, 5 x 1 min at hard effort with 30 secs recovery jog between sets, 10-15 mins cool down + stretch	**Run** 15 mins easy effort run including up to 6 sets of strides + stretch	**5k race**	**Run** 60 mins easy effort run + stretch
Week 7	**Rest**	**Cross-training** 30 mins cross-training easy effort **Conditioning** 30 mins strength and conditioning + stretch	**Workout run** 10-15 mins warm up, 3 x 10 mins at threshold effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Rest**	**Workout run** 10-15 mins warm up, 6 x 5 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Recovery** 30 mins recovery run + stretch	**Run** 60 mins easy effort run + stretch
Week 8	**Rest**	**Workout run** 10-15 mins warm up, 5 x 3 mins at hard effort with 60 secs recovery jog between sets, 10-15 mins cool down + stretch	**Recovery** 30 mins recovery run + stretch	**Run** 40 mins easy effort run including up to 6 sets of strides + stretch	**Rest**	**Run** 15 mins easy effort run including up to 6 sets of strides + stretch	**10k race day**