



RUN SERIES

10 WEEK- SUB 45 10K

TRAINING PLAN



INTRODUCTION



This 10 week training plan is perfect for anyone who has a good amount of experience over the 10k distance and are comfortable at running under 22 minutes, for the 5k distance. We have tailored this plan to give all the confidence to achieve breaking the 45 minute barrier, upon completion. Specifically, at the North Lincs 10k on the 17/03/2024.

The plan consists of 3-4 runs per week, and is designed to gradually improve ones fitness & confidence in running under the hour.

Each week will consist of 1 easy day, 2 interval sessions and a long run.

TERMINOLOGY

Shakeout- Should be at an effort, where you could easily hold a conversation throughout. The idea behind the run, at the start of the week, is to prime the legs for the Wednesday session.

WU- Warm Up. This acts as a pulse raiser for the main session. This wants to be done at a pace, which again, you could easily hold a conversation at.

CD- Cool Down. It is important once you finish a hard session, you shake out any fatigue. Also, this will aid the recovery process. Ideally, you want to go slower than your warm up pace.

' – When ever you see this symbol after a number it means it's measured in minutes. (For example, 15' would equal 15 minutes).

" – When ever you see this symbol after a number it means it's measured in seconds. (For example 60" would equal 60 seconds).

{}– When ever you see these brackets, that is your recovery between intervals. Furthermore, it's important you look at what symbol is followed after the number. (For example, {2'} would equal 2 minutes and {75"} would equal 75 seconds rest.

Wave- A wave is simply a run where you alternate paces each k. (For example, a 4k Wave @ 7:00/6:30 would look like; 7:00/6:30/7:00/6:30.

WEEK 1
w/c 08/01

Monday	Tuesday	Thursday	Sunday
35' Shakeout	Session: 10' WU + 6x1k {2'} + 10' CD	Session: 10' WU + 12x400m {2'} + 10' CD	55' Easy
5:10-5:15 per/km	4:20-4:30 per/km	4:10-4:15 per/km	5:20-5:25 per/km

WEEK 2
W/C 15/01

Monday	Tuesday	Thursday	Sunday
6k Shakeout	Session: 10' WU + 6x1k {90"} + 10' CD	Session: 10' WU + 10x400m {90"} + 10' CD	10k Easy
5:10-5:15 per/km	4:20-4:30 per/km	4:10-4:15 per/km	5:10-5:20 per/km

WEEK 3
w/c 22/01

Monday	Tuesday	Thursday	Sunday
30' Shakeout	Session: 10' WU + 6k Wave {3'} + 1k + 10' CD	Session: 10' WU + 14x400m {2'} + 10' CD	50' Easy
5:05-5:10 per/km	4:20/4:50 + 1k @ 4:35 per/km	4:10-4:15 per/km	5:20-:5:30 per/km

WEEK 4
W/C 29/01

Monday	Tuesday	Thursday	Sunday
5k Shakeout	Session: 10' WU + 8x1k {2'} + 10' CD	Session: 10' WU + 12x400m {90"} + 10' CD	11k Easy
5:10-5:20 per/km	4:20 per/km	4:10-4:15 per/km	5:25-5:30 per/km

WEEK 5
W/C 05/02

Monday	Tuesday	Thursday	Sunday
35' Shakeout	Session: 10' WU + 6k Wave + 2k + 10' CD	Session: 10' WU + 15x400m {2'} + 10' CD	60' Easy
5:05-5:10 per/km	4:30/5:00 + 2k @ 4:35	4:05-4:10 per/km	5:15-5:25 per/km

WEEK 6
W/C 12/02

Monday	Tuesday	Thursday	Sunday
7k Shakeout	Session: 10' WU + 6k + 10" CD	Session: 10' WU + 12x400m {75"} + 10' CD	11k Easy
5:00-5:05 per/km	4:35 per/km	4:05-4:10 per/km	5:20-5:30 per/km

WEEK 7
W/C 19/02

Monday	Tuesday	Thursday	Sunday
40' Shakeout	Session: 10' WU + 7k + 10' CD	Session: 10' WU + 12x400m {50"} + 10' CD	65' Easy
5:10-5:15 per/km	4:30 per/km	4:20-4:25 per/km	5:20-5:30 per/km

WEEK 8
w/c 26/02

Monday	Tuesday	Thursday	Sunday
6k Shakeout	Session: 10' WU + 8k + 10' CD	Session: 10' WU + 10x400m {2'} + 10' CD	12k Easy
5:05-5:15 per/km	4:30-4:35 per/km	4:00-4:05 per/km	5:05-5:15 per/km

WEEK 9
w/c 04/03

Monday	Tuesday	Thursday	Sunday
25' Shakeout	Session: 10' WU + 5k {3'} + 2x1k {2'} + 10' CD	Session: 10' WU + 10x400m {90"} + 10' CD	10k Easy
4:50-5:05 per/km	5k @ 4:20-4:25 / 1k's @ 4:10-4:15 per/km	4:00-4:05 per/km	5:00-5:10 per/km

WEEK 10
W/C 11/03

Monday	Tuesday	Thursday	Sunday
7k Shakeout	Taper Session: 15' WU + 3x1k {2'} + 4x400m {90"} + 10' CD	Taper Session: 15' WU + 1k/2x400/1k/2x400m {2'} + 10' CD	RACE DAY
5:05-5:10 per/km	1k's @ 4:20-4:25 / 400's @ 4:05/ per/km	1k's @ 4:20 / 400s @ 4:00 per/km	Good Luck!