

10 Week Base Training Program for 5 & 10km Runners

Level: Advanced

Who is This Program For?

This program is ideal for an experienced runner who feels confident with doing hard, quality workouts such as threshold runs and interval training. If you are used to training, on average, 6 times per week, including quality workouts, and are looking to improve your 5/10km pb, this program is for you.

Program Overview

This is a 10 week 'Base Training Program' which is designed to provide you with a good foundation on which you can then start your race preparation phase. See our website for more info on the purpose of 'Base Training'.

You should aim to start this program 20 weeks out from the date of your main race then switch to our 5km or 10km Race Prep Program when you are 10 weeks away from race day.

This program includes an average of 6 runs per week as well as some 'non-running' based workouts, such as circuit training, throughout the program.

Sharing This Program

Please share this program with your friends, family and training partners and help each other become better runners! Please feel free to share this program on social media; tag us using the Instagram handle below and use the hashtag #Trainsmarterrunfaster so we can see your training progress!



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5/10km Base Training Program

Week 1

Level: Advanced

	Training Session	Notes
Monday	45' easy run + 4 x 15" fast strides	Run should be nice and relaxed, don't push hard. See accompanying notes for more about how to do strides
Tuesday	Hills reps: 4 sets of (20", 30", 40") up hill. Rec = jog back down between reps. Walk down after the last rep of each set	This is a short but very intense workout. Try to run in a powerful way, focusing on keeping a short ground contact time and driving your arms. Go hard in the last set
Wednesday	60' easy run	
Thursday	30' easy run + circuit exercises	Keep the circuit exercises relatively light today since you have a quality workout tomorrow. See note on circuit training if you need some ideas for this
Friday	5 x 5' at threshold pace rec = 90" between each	Start at a moderate intensity and build up throughout the session. Try to finish well, feeling like you could do another rep at the same pace. See notes for more details on threshold running
Saturday	rest	
Sunday	Long-run: 90' at a comfortable pace	If you feel good in the last 10 – 15' of the run you can pick it up to a moderate pace



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5/10km Base Training Program

Week 2

Level: Experienced

	Training Session	Notes
Monday	45' easy run easy run + 4 x 15" strides	nice and easy today. Keep the strides relaxed, but fast focusing on good technique
Tuesday	25' tempo run, 5' rest or slow jog, followed by 5 x 30" at, or slightly faster than, 5km pace with 1' jog between each	Keep the 25' tempo run controlled (see notes), you should finish feeling like you could continue for another 5 - 10' at the same pace. Try to run the 30" reps fast, but in a relaxed way.
Wednesday	60' easy run + circuit exercises	Keep the run easy but you can push the circuit exercises a little harder today
Thursday	rest or 30' easy run	
Friday	20' easy run + 2 x 10" relaxed strides. Followed by 4 - 6 x 10" hill sprints with 2' rec. 20' easy run	If you are not used to doing fast hill sprints (at max speed) then start with 4 reps only today. If this is something you do often then do up to 6 reps. See our notes on 'hill sprints' for more details about how to do this type of workout
Saturday	long-run: 15' easy, followed by 3 x (10' moderate, 10' easy), followed by 15' easy for a total of 90'	Moderate sections should not be 'hard', but of course, after an hour of running, it is not easy either! So stay controlled and focused
Sunday	rest	



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	Training Session	Notes
Monday	45' easy run easy run + 3 - 4 x 15" strides	nice and easy today. Keep the strides relaxed, but fast focusing on good technique
Tuesday	Track/flat road: 12 x 300m with 90" rest	These reps should be much faster than 5km race pace. Make sure you do a good warm up with some strides and a cool down afterwards
Wednesday	40' easy + circuit exercises	See notes on circuit training for more details.
Thursday	20' easy run + 2 x 10" relaxed strides. Followed by 5 - 7 x 10" hill sprints with 2' rec. 20' easy run	do 1 more hill sprint than you did last week. Remember, hill sprints should be at your max speed, with powerful strides and short ground contact time
Friday	Fartlek: (4 x 3/1), (5 x 2/1), (6 x 1/1) with 3' easy jog between each set	3/1 = 3' hard, 1' easy 2/1 = 2' hard, 1' easy, etc Total of 49' of running, 28' of which is high intensity. Stay controlled in the first set and build up the pace throughout
Saturday	rest	
Sunday	long-run: 90' according to feel	Keep the whole 90' at a comfortable pace today



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	Training Session	Notes
Monday	50' easy run easy run + 5 x 15" strides	As always the strides should be relaxed, but fast focusing on good technique. Keep the run nice and easy
Tuesday	4 sets of (20", 30", 40") + 2 x 60" up hill. Rec = jog back down between reps. Walk down after the last rep of each set	In week one you did sets of (20", 30", 40"). Now we are repeating that workout and adding some tough 60" reps to the end. A short, but very hard workout!
Wednesday	60' easy run	If you feel good today and well recovered you pick the end of this run up to a moderate pace. But, as a minimum, keep the first 40' easy
Thursday	30' easy + circuit exercises	Keep mixing up the circuit exercises, include different exercises to keep it challenging, working different muscle groups
Friday	5 x 6' at threshold pace with 90" recovery.	Try to maintain the same pace as you did for the session in week 1, now with an extra minute per rep
Saturday	rest	
Sunday	Long-run 90' - 1h40' at a comfortable pace	If you feel good in the last 15 - 20' then you can pick it up to a moderate pace



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	Training Session	Notes
Monday	40' easy run easy run + 5 x 15" strides	a bit of shorter run today, since yesterday was a long run and tomorrow is a tough workout
Tuesday	Tempo run: 30' at threshold pace, 5' rest/easy jog, + 5 x 30" with 1' jog recovery between	Try to maintain the same pace as you did for week 2's tempo run, now for an extra 5'. The 30" reps should be fast, but relaxed
Wednesday	60' easy	
Thursday	30' easy + circuit exercises	Keep the circuit exercises relatively light today, it has been a tough 5 days and you have short hill sprints tomorrow
Friday	20' easy run + 2 x 10" relaxed strides. Followed by 6 - 8 x 10" hill sprints with 2' rec. 20' easy run	See notes on hill sprints for more details. Do one rep more than you did in week 3 up to a maximum of 8 reps
Saturday	long-run 3 x (10' easy, 5' moderate, 5' tempo), finish with 20 - 30' easy making a total of 80 - 90'	Keep the moderate sections relaxed and really focus to maintain a good pace for the tempo sections
Sunday	rest	



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	Training Session	Notes
Monday	50' easy run + 4 x 15" strides	As always the strides should be relaxed, but fast focusing on good technique. Keep the run nice and easy
Tuesday	4 sets of (4 x 300m) with 60" rest and 3' jog between sets	This is tough workout. Start at, or slightly faster than 5k pace for the first set and try to increase the pace with each set, finishing much faster than 5k race pace
Wednesday	40' easy run + circuit exercises	
Thursday	20' easy run + 2 x 10" relaxed strides. Followed by 6 - 8 x 10" hill sprints with 2' rec. 20' easy run	By now you are familiar with how to do short fast hill sprints. Take a look at the notes pdf if you need a reminder
Friday	Fartlek – 1' / 2' / 3' / 4' / 5' / 4' / 3' / 2' / 1 with 1' easy jog between each	Slightly different style of workout to anything you have done so far in this program. As a guide, start with the 1' reps at, or slightly faster than, than 5k race pace, and aim to do the 5' rep at approximately 10k race pace
Saturday	rest	
Sunday	90 - 1h40' at a comfortable pace	Run according to feeling, if you feel good then you it up to a moderate in the final 15 - 20' of the run.



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	Training Session	Notes
Monday	50' easy run + 5 x 15" strides	Keep the run easy today since yesterday was a long-run and tomorrow is a tough workout that you want to be relatively well recovered for
Tuesday	4 sets of (30", 45", 60") up hill. Rec = jog back down between reps. Walk down after the last rep of each set	A slightly harder version of the hill session you did in week 4. If you feel confident with hill reps then go up to 4 sets. If hill reps are something you are still getting used to then stick to 3
Wednesday	rest	
Thursday	30' easy run + circuit exercises	Keep the circuit exercises relatively easy today so that you can feel good for tomorrow's workout
Friday	Threshold: 5 x 7' at threshold pace with 90" rest between sets	Try to maintain the same pace you did in week 4, now for an extra minute per rep
Saturday	Rest	
Sunday	long-run: 90' - 1h40' according to how you feel	Keep this run mostly at a comfortable pace. If you feel good then you can push the last 20 - 25' of the run a little harder



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	Training Session	Notes
Monday	40 - 50' easy + circuit exercises	Keep the run easy, but you can make the circuit a relatively tough one today
Tuesday	40' easy run + 5x 15" fast strides	Keep the run easy today, so you can be fresh for tomorrow's workout
Wednesday	Tempo run: 35' at threshold pace, 5' rest/easy jog, + 5 x 30" with 1' jog between	another step up from week 5's threshold workout. Try to start at the same pace that you race in week 5 and aim to maintain that for an extra 5 minutes. Aim to do the 30" reps at, or slightly faster than 5k race pace
Thursday	rest	
Friday	15' easy run + 2 x 10" relaxed strides. Followed by 6 x 10" hill sprints with 2' rec. 15' easy run	By now you are familiar with how to do short fast hill sprints. Take a look at the notes pdf if you need a reminder
Saturday	Long-run: 30' easy, 4 x (5' tempo, 5' easy), continue at easy pace until a total 80 - 90'	relatively tough long run today, with 20' worth of tempo running included. Try to make the whole run continuous from start to finish and keep the tempo efforts controlled
Sunday	Rest	



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	Training Session	Notes
Monday	50' easy + 4 x 15" fast strides	
Tuesday	Hills/tempo combo: 3 sets of (3 x 20" hill sprints + 8' tempo). Rec = slow jog down after hill sprints, 3' after the tempo before starting next set	Very tough workout today and something a bit different. The idea of this session is to teach your body to deal with high levels of lactate, so go hard on the hill reps and try to run in a controlled, relaxed way during the tempo runs
Wednesday	40' easy + circuit exercises	
Thursday	20' easy run + 2 x 10" relaxed strides. Followed by 8 x 10" hill sprints with 2' rec. 20' easy run	Make the hill sprints as fast as you can, with powerful strides and short ground contact time. Make use of the full 2' recovery between reps so that you are able to go 100% in each rep
Friday	Fartlek – (10 x 2/1), (10 x 1/1), (5 x 30/30) 3' easy jog between each set	30/30 = 30" fast, 30" easy Run this session according to how you feel. No real 'target pace' other than it should be a tough workout!
Saturday	Rest	
Sunday	long-run: 90' - 1h40' according to how you feel	Keep this run mostly at a comfortable pace. If you feel good then you can push the last 20 - 25' of the run a little harder



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5/10km Base Training Program

Week 10

Level: Advanced

(slightly easier final week so that you are fresh for the start of the specific phase)

Training Session

Notes

Monday

30' easy + 4 x 15" strides

Tuesday

40' tempo run

start at a controlled pace, remembering that this is the longest tempo run of the program. If you feel good then increase the pace in the second half of the run. See notes on tempo runs for more info.

Wednesday

rest

Thursday

rest or short easy run and light circuit exercises

Keep today easy, if you decided to have a rest day, that's fine, if you decide to do a light run and/or some circuit exercises, that's also fine, but keep it light

Friday

40' easy run

Saturday

Long-run: 80' - 90' at a comfortable pace.

Start at a comfortable pace and if you feel good in the last 15 minutes of the run then you can pick it up to a moderate pace

Sunday

rest



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