

10 Week 10km Race Prep Training Program

Level: Advanced

Who is This Program For?

This program is ideal for someone who has lots of experience with specific training for distance running events. If you are used to training 5 - 7 times per week, including quality workouts such as interval training and threshold running, and you are now looking to improve your 10km personal best, then this program is for you.

Program Overview

This is a 10 week training program which is designed to help you prepare for your target race. You should aim to start this program 10 weeks out from the date of your race.

If there are more than 10 weeks between now and your target race then follow our Fundamental Base Training Program (which you can find on our website) then switch to this 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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	Training Session	Notes
Monday	45' easy run + 4 x 15" relaxed strides	should be nice and relaxed, don't push hard
Tuesday	3 x 3km at threshold pace Rec = 3' rest or very easy jog	Aim to do this session at your threshold pace. If you feel good you can pick up the pace in the second half of the last rep
Wednesday	60' easy	again, keep it nice and easy today to recover from yesterday's tough workout
Thursday	30' easy run + circuit exercises	You can push the circuit exercises relatively hard today since you have a rest day before the next workout
Friday	rest	
Saturday	8 x 800m rec = 90" rest or very slow jog	tough workout - Aim to do these reps at your target 10km race pace.
Sunday	80 - 90' run at a comfortable pace	keep it relaxed today, if you feel good in the last 20' then you can pick the pace up to a moderate pace



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	Training Session	Notes
Monday	45' easy + 5 x 15" relaxed strides	
Tuesday	20' easy followed by some strides then, 4 - 8x 10" hill sprints followed by another 20' easy jog to cool down	If you are not used to short, fast hill sprints then start with 4 reps today. If you have followed our 10k base training plan then you are ready for 8 reps. Hill sprints should be flat out, focusing on powerful strides - see notes for more info
Wednesday	3 sets of (5 x 400m) rec = 60" rest between reps and 3' easy jog between sets	aim to do these 400m reps at your 5k race pace, finishing the last few reps slightly faster if you can
Thursday	rest or 30' easy run	If you feel good after yesterday's hard workout then you can do a short easy jog today. If you feel particularly tired after yesterday then a rest day is the better option here
Friday	45' easy run	
Saturday	Long-run: 30' easy, 4 x (5' hard, 5' easy). You can finish here for a total of 70' of running, or continue for up to 20' more of easy running for a total of 90'	The 'hard' sections here should still be relaxed and controlled Of course, after an hour of running, picking up the pace at all is pretty tough, but try to push hard in a relaxed way
Sunday	rest	



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	Training Session	Notes
Monday	45 minutes easy + 5 x 15" strides	See program notes on 'strides' for more details
Tuesday	35' tempo run	This should be a controlled run at slightly below your threshold pace. The first 20' should feel relatively comfortable and final 10-15' should become pretty tough
Wednesday	40' easy + circuit exercises	
Thursday	45 easy run	
Friday	Track or flat road: 4 sets of (200m, 200m, 1600m). Rec = 45" after 200m reps and 3' jog between sets.	aim to do the 200m reps at a fast pace (much faster than 5k race pace) while running in a relaxed way. Try to do the 1600m reps at 10k race pace (not easy!)
Saturday	rest	
Sunday	90' at a comfortable pace	Keep this run comfortable according to your feeling on the day. If you feel good in the last 15 - 20 minutes then you can pick it up to a moderate pace



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	Training Session	Notes
Monday	45' easy + 5 x 15" relaxed strides	
Tuesday	4km, 3km, 2km, 1km rec = 3', 2', 1'	Start at threshold pace for the 4km and 3km reps. If you can, aim to pick up the pace in the 2km and 1km reps to 10 or even 5k race pace
Wednesday	60' easy run	keep it nice and easy today to make sure you recover properly from yesterday's hard workout
Thursday	20' easy + strides 5 - 8 x 10" hill sprints 20' easy	Do one more hill rep than you did in week 2 up to a total of 8 reps. Focus on making powerful strides, with short ground contact time and good upright posture. See notes for more
Friday	rest	
Saturday	8 x 1km rec = 90"	Aim to do this session at 10k race pace. You may need to start a little slower than this and build up the pace throughout the session
Sunday	80 - 90' at a comfortable pace	Keep the whole run at a relatively easy pace today. You had a tough session yesterday and have another one coming on Wednesday, so keep today and tomorrow relaxed



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	Training Session	Notes
Monday	45' easy run + circuit exercises	see notes on circuit training
Tuesday	50' easy run + 3 - 4 x 15" relaxed strides	
Wednesday	3 sets of (6 x 400m) rec = 60" rest between reps and 3' easy jog between sets	try to do these reps at 5k race pace. You may find it easier to start slightly slower than 5k pace and finish the last set slightly faster
Thursday	rest or 30' easy run	Can do a short easy run today if you feel good after yesterday's workout
Friday	40' easy run + 5 x (30" accelerating to 5k pace, followed by 90" back at easy pace)	Total of 50' of running including some accelerations at the end. These should not be 'hard efforts', just relaxed accelerations
Saturday	Fartlek: 1' - 2' - 3' - 4' - 5' - 4' - 3' - 2' - 1' 1' easy between each rep, 2' easy before and after the 5' rep	No 'target paces' today, run each rep by feel, but try to make it a tough workout.
Sunday	rest	



	Training Session	Notes
Monday	40 - 50' easy run + 5 x 15" strides	
Tuesday	40' tempo run	Start at sub threshold pace and try to run in a relaxed way. The first 25' or so should feel inside your comfort zone but it should start to feel pretty tough in the last 10 - 15' of the run
Wednesday	40' easy	
Thursday	20' easy, 6 - 8 x 10" hill sprints, 20' easy	By now you are familiar with these short, sharp, hill sprints. Remember to focus on having powerful strides, short ground contact time and good upright posture
Friday	Track or flat road: 2 sets of (1600m, 1200m, 800m, 400m, 200m) Rec = 1' between reps and 5' easy jog between sets	Aim to start each set with the 1600m rep at your target 10k race pace and then get faster with each rep. 200m reps should be pretty fast - much faster than 5k race pace
Saturday	rest	run according to how you feel today. If you feel good then you can pick the last 20' up to a moderate pace
Sunday	30' easy, 3 x (10' moderate, 10' easy)	Keep the moderate sections controlled, you should always feel like you have another gear that you could easily switch to if you wanted



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	Training Session	Notes
Monday	45' easy + 4 x 15" relaxed strides	
Tuesday	2 x 3km + 2 x 2km rec = 3' rest or easy jog after each 3km rep & 2' between 2km reps	Start the 3km reps at threshold pace and keep these controlled. If you feel good, you can increase the pace slightly for the 2km reps
Wednesday	60' easy run	keep it easy today
Thursday	40' easy run + circuit exercises	Keep the circuit exercises relatively easy today, you have a tough workout tomorrow!
Friday	7 x 1200m rec = 2'	Aim to do these at your target 10km race pace. You may need to start slightly slower at the beginning and pick the pace up in the last 3/4 reps
Saturday	rest	
Sunday	90' - 1h40' at a comfortable pace	Run according to feeling today, if you feel good you can pick up the pace to a moderate pace in the final 20' of the session



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	Training Session	Notes
Monday	20' easy, 6 - 8x 10" hill sprints, 20' easy	hill sprints should be fast and powerful
Tuesday	15 x 400m rec = 60"	Aim to do this session at 5k race pace. Stay controlled at the beginning and finish strong
Wednesday	45' easy run	
Thursday	Rest or 30' easy run	The choice is yours today, rest or short easy run, either is fine. If you are feeling particularly tired/fatigued then choose the rest day
Friday	5 x 1600m at 10k race pace rec = 2'	Really tough workout today so stay focused and controlled. Aim to do these reps at your target 10k race pace. You may need to start slightly slower than this and build up to 10k pace in the final 2/3 reps
Saturday	60' easy	
Sunday	rest	



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	Training Session	Notes
Monday	45' easy + 4 x 15" relaxed strides	
Tuesday	40' tempo run	As you did in week 6. Start at sub threshold pace. It should feel relatively comfortable for 25' or so and become pretty tough in the final 10 - 15'
Wednesday	40' easy + circuit exercises	keep the circuit exercises very easy today, you've done the hard work, today is just a bit of maintenance as we head into race week
Thursday	45' easy	This is the last really hard session before your race. 5km at 10km race pace in a 'non-race' scenario is not easy, so try to stay focused and run in a relaxed way. Push hard in the 500m reps today
Friday	5km at 10km race pace, 5' rest, 5 x 600m, also at 10km race pace, with 1' rest	Final hard workout before race day! 5km at 10km race pace in a 'non-race' scenario is not easy, so stay focused and go hard today
Saturday	Rest	
Sunday	60' easy	



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	Training Session	Notes
Monday	30' easy run + 4 x 15" strides	keep the strides relaxed, but fast
Tuesday	5 x 1km Rec = 2' rest	Aim to do these reps at 10km race pace. Since there is only a total of 5km, this should not feel like a hard workout. It should feel relatively relaxed, enjoy the feeling of running at 10km race pace in a controlled relaxed way
Wednesday	40' easy	
Thursday	rest	
Friday	20' very easy run + 4x 10" fast but relaxed strides	Keep the run nice and easy, don't be tempted to speed up if you feel good. The strides should be fast but controlled, as always
Saturday	RACE!	If your race is on Sunday then simply move everything along one day and take an extra rest day on Monday
Sunday	rest	



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The final week of this program is designed to have you taper so that you are feeling fresh and ready for your race on the weekend. In case your race is on a weekday, then we recommend adjusting the program in the following way:

5 days before your race do your final quality workout of 5 x 1km at 10km race pace with 2' recovery. Following that, do a 30 - 40 minute easy run then take 2 rest days. The day before your race do a short easy run followed by some strides. You may need to adjust the program accordingly depending on which day your race is.

Try to eat well and get plenty of sleep leading up to the race (of course, this should be a goal all the time if you want to become a better runner, but particularly this week!)

Try to limit your stress at work and with other commitments as much as possible. Of course, we fully understand that this is not always possible and that sometimes other commitments take precedent over training/racing. But to have the best race possible, try to make your work and every day life stress free this week. Maybe that means shifting some of your overtime to next week, or letting your partner take the kids out for the day so you can relax!!

The day before your race try to eat foods that you know work for you and don't upset your stomach in any way, don't try anything new for example drinking a new sports drink that your friend recommended or taking a new energy gel, unless you have tried it in your training and you know it works.

Try to take a good breakfast the morning of your race (again, something you know works well for you), and stay hydrated.

Prepare the right clothing for your race, pack for the weather and know what the situation is of getting to the race course (parking, where the start/finish line is, know what the course is like, etc)

Finally, know your body! You have trained for this race, you have ran at the right pace in your training sessions, you have done the right workouts and you are ready to run fast! But at the same time, with all the nerves and adrenaline that go hand-in-hand with race day, it is very easy to go off too fast, don't do this! Go at the pace you know you can do and if you feel good in the last 1 - 2km - that is when you can show what you are made of. Good luck and tell us how you do!



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