**17 Week (Four Month) 10k Training Plan**

This plan has been designed with new runners in mind but can be easily adapted for more experienced runners. For all interval sessions, more experienced runners can extend the length of the interval or include additional repeats e.g. 5 repeats rather than 3. For long runs, more experienced runs can add extra time / distance (e.g. 10-15 minutes or 1-1.5 miles up to a maximum of 7 or 8 miles for the longest runs). For more experienced runners, the target is to improve your speed and aim for a new 10k PB.

| **Week** | **Run 1 (Tuesday)** | **Run 2 (Thursday)** | **Run 3 (Weekend)** |
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| Week 1 | Time: 36 minutes plus walking  Pace: easy  Route: flat  Run 18 minutes, walk 1 to 3 minutes, run 18 minutes | Time: 36 minutes plus walking  Pace: easy  Route: undulating  Run 18 minutes, walk 1 to 3 minutes, run 18 minutes | Distance: 3 miles or 5k  Pace: steady  Record your time and aim to improve each time to run the route.  Why not try Hanley parkrun? |
| Week 2 | Time: 40 minutes plus walking  Pace: easy  Route: flat  Run 20 minutes, walk 1 to 3 minutes, run 20 minutes | Time: 40 minutes plus walking  Pace: easy  Route: undulating  Run 20 minutes, walk 1 to 3 minutes, run 20 minutes | Time: 40 minutes  Pace: easy  Route: flat  Run for 40 minutes without stopping |
| Week 3 | Time: 44 minutes plus walking  Pace: easy  Route: undulating  Run 22 minutes, walk 1 to 3 minutes, run 22 minutes | Time: 39 minutes  Pace: increasing  Route: flat (out and back)  Run out for 20 minutes e.g. to garage on Leek New Road, turn round and try and run back faster | Time: 45 minutes  Pace: easy  Route: flat  Run for 45 minutes without stopping |
| Week 4 | Time: 50 minutes plus walking  Pace: easy  Route: undulating  Run 25 minutes, walk 2 to 4 minutes, run 25 minutes | Time: 39 minutes  Pace: increasing  Route: flat (out and back)  Run out for 20 minutes e.g. to Limekiln, turn round and try and run back faster | Time: 45 minutes  Pace: easy  Route: undulating  Run for 45 minutes without stopping |
| Week 5 | Time: 40 minutes  Pace: easy  Route: hilly  Run 40 minutes without stopping on a hilly route e.g. Birches Head | Time: 20 minutes plus recoveries  Pace: intervals  Route: flat  Run for 5 mins easy to warm up, then 10 mins steady, 5 mins recovery x2, 5 mins easy to cool down | Distance: 3 miles or 5k  Pace: steady  Record your time and aim to improve each time to run the route.  Why not try Hanley parkrun? |
| Week 6 | Time: 25 minutes plus recoveries  Pace: intervals  Route: flat  Run for 5 mins easy to warm up, then 5 mins steady, 3 mins recovery x3 , 5 mins easy to cool down | Time: 40 minutes  Pace: easy  Route: undulating  Run 40 minutes without stopping | Distance: 4 miles  Pace: easy  Route: any  Run for 4 miles without stopping |
| Week 7 | Time: 40 minutes  Pace: easy  Route: flat  Run 40 minutes without stopping | Time: 30 minutes plus recoveries  Pace: steady  Route: hilly  Run for 10 mins easy to warm up, then on a relatively steep hill, run up hill for 2 minutes then walk/jog back to the bottom x 5, 10 mins easy to cool down | Time: 50 minutes  Pace: easy  Route: undulating  Run for 50minutes without stopping |
| Week 8 | Time: 26 minutes plus recoveries  Pace: intervals  Route: flat  Run for 5 mins easy to warm up, then 4 mins hard, 2-3 mins recovery x4 , 5 mins easy to cool down | Time: 40 minutes  Pace: easy  Route: flat  Run 40 minutes without stopping | Time: 50 minutes  Pace: easy  Route: undulating  Run for 50minutes without stopping |
| Week 9 | Time: 40 minutes  Pace: easy  Route: flat  Run 40 minutes without stopping | Time: 35 minutes  Pace: increasing  Route: any  Run 10 mins easy, 10 mins steady, 10 mins hard, 5 mins easy | Distance: 3 miles or 5k  Pace: steady  Record your time and aim to improve each time to run the route.  Why not try Hanley parkrun? |
| Week 10 | Time: 30 minutes plus recoveries  Pace: steady  Route: hilly  Run for 10 mins easy to warm up, then on a relatively steep hill, run up hill for 2 minutes then walk/jog back to the bottom x 5, 10 mins easy to cool down | Time: 40 minutes  Pace: easy  Route: flat  Run 40 minutes without stopping | Distance: 5 miles  Pace: easy  Route: any  Run for 5 miles without stopping |
| Week 11 | Time: 34 minutes plus recoveries  Pace: intervals  Route: flat  Run for 5 mins easy to warm up, then 6 mins hard, 2-3 mins recovery x4 , 5 mins easy to cool down | Time: 40 minutes  Pace: easy  Route: undulating  Run 40 minutes without stopping | Time: 60 minutes  Pace: easy  Route: undulating  Run for 60minutes without stopping |
| Week 12 | Time: 40 minutes  Pace: easy  Route: hilly  Run 40 minutes without stopping | Time: 35 minutes  Pace: increasing  Route: varied  Run 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy | Time: 60 minutes  Pace: easy  Route: undulating  Run for 60minutes without stopping |
| Week 13 | Time: 26 minutes plus recoveries  Pace: intervals  Route: flat  Run for 5 mins easy to warm up, then 4 mins hard, 2-3 mins recovery x4 , 5 mins easy to cool down | Time: 40 minutes  Pace: easy  Route: hilly  Run 40 minutes without stopping | Distance: 3 miles or 5k  Pace: steady  Record your time and aim to improve each time to run the route.  Why not try Hanley parkrun? |
| Week 14 | Time: 40 minutes  Pace: easy  Route: flat  Run 40 minutes without stopping | Time: 30 minutes plus recoveries  Pace: steady  Route: hilly  Run for 10 mins easy to warm up, then on a relatively steep hill, run up hill for 2 minutes then walk/jog back to the bottom x 5, 10 mins easy to cool down | Distance: 6 miles  Pace: easy  Route: any  Run for 6 miles without stopping |
| Week 15 | Time: 35 minutes  Pace: increasing  Route: varied  Run 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy, 5 mins steady, 5 mins hard, 5 mins easy | Dave Clarke 5 - 5km multi-terrain race - have some fun, don't worry about your time | Distance: 5 miles  Pace: easy  Route: any  Run for 5 miles without stopping |
| Week 16 | Time: 40 minutes  Pace: easy  Route: undulating  Run 40 minutes without stopping | Time: 39 minutes  Pace: increasing  Route: flat (out and back)  Run out for 20 minutes e.g. to Limekiln, turn round and try and run back faster | Time:  30 minutes  Pace: easy  Route: any  Run for 30 minutes with stopping |
| Week 17 | Time: 20 minutes  Pace: easy  Route: undulating  Run 20 minutes without stopping | Time: 20 minutes  Pace: easy  Route: flat  Run 5 minutes easy, 10 minutes hard, 5 minutes easy | Race Day – Enjoy! |

**Pace Descriptions:**

**Recovery**: **walk or really slow jog between steady or hard efforts, effort is 3-4/10.**

**Easy:** **conversational pace, effort is 5/10.**

**Steady:** **focused effort is 6-7/10.**

**Hard: 10k pace or faster, effort is 8-9/10.**

If you are aiming to run 10k in 60 minutes, your 10k pace is 6 minutes per kilometre (just less that 10 minutes per mile). If you are aiming to run 10k in 70 minutes, your 10k pace is 7 minutes per kilometre (just over 11 minutes per mile). If you are aiming to run 10k in 80 minutes, your 10k pace is 8 minutes per kilometre (just less than 13 minutes per mile).