



10K TRAINING PLAN

12 weeks • 3 runs per week • Build fitness without making every run hard

HOW TO USE THIS PLAN

12 weeks, 3 runs per week. Suitable as a generic starting point for a runner who can already run continuously for around 30–45 minutes.

Effort guide: Easy = conversational. Threshold = comfortably hard. 10K effort = strong and controlled. Strides = relaxed, fast running with full recovery.

12-WEEK PLAN

Week	Run 1	Run 2	Run 3
1	35 min easy + 4×20s strides	6×2 min threshold / 2 min easy	55 min easy
2	40 min easy	5×3 min threshold / 2 min easy	60 min easy
3	35 min easy + 6×20s strides	8×2 min 10K effort / 2 min easy	65 min easy
4	35 min easy	20 min threshold	50 min easy — cutback
5	40 min easy + 6×20s strides	5×4 min threshold / 2 min easy	70 min easy
6	40 min easy	6×3 min 10K effort / 2 min easy	75 min easy
7	35 min easy + 6×20s strides	3×8 min threshold / 3 min easy	70 min easy
8	40 min easy	10×2 min 10K effort / 90s easy	55 min easy — cutback
9	45 min easy + 6×20s strides	4×1 km 10K effort / 2–3 min easy	75 min easy
10	40 min easy	3×2 km 10K effort / 3 min easy	65 min easy
11	35 min easy + 4×20s strides	5×3 min 10K effort / 2 min easy	50 min easy
12	30 min easy + 4×20s strides	3×3 min 10K effort / 3 min easy	10K race — controlled start, build through the middle

STRENGTH & RECOVERY

Add 1–2 short strength sessions each week if appropriate. Prioritise calf/soleus, single-leg strength, hamstrings, glutes and trunk control. Keep easy days genuinely easy.

MISSED SESSIONS

Do not cram missed runs into the following days. Resume the plan and prioritise recovery.

IMPORTANT

This is a generic example plan, not individually prescribed coaching. Adjust for running history, current load, injury history and recovery. Pain that changes your running mechanics should not be trained through.