



Health Insurance

Starting to run

10K training plan

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10K



Starting to run

10K training plan

This plan is intended to lead on from both the 3K and 5K programmes. It gradually increases the time that you're running and also the intensity of the workouts.

This programme also includes an extra run per week, which is optional. This optional shorter run is useful in getting you prepared for running more times per week, but you can leave it out if you feel the need for an extra rest day, to comfortably cope with the volume of running in the schedule.



Jo's tip:

As with the previous plans, cross training can be added into your programme if you feel like you want to add another fitness activity to your week whilst avoiding the impact of running. It's suggested on one of the days, but it could be done on one of the other non-running days if it fits better.



Jo Pavey



Cross training:

Adding a bit of cross training to your week can be an effective way of increasing your fitness levels quickly. It means exercising in a different way to running, such as using a stationary bike, cross training machine or swimming. However, it's written into the plan as optional because you may feel quite tired from running, particularly to begin with. If you do cross train, be careful as it could cause muscle soreness that could hamper your running progress. Swimming is less likely to cause soreness than using cross training machines.

Starting to run

How the 5K plan works

Each workout will always start with a jog to warm up. This is in addition to the dynamic warm up exercises in our [videos](#). Then the work really starts. Typically, each workout consists of a period of high intensity running followed by a rest which you will repeat a set number of times.

In the plan it's written like this:

- 8 minute easy warm up
- 3 x 4 minute run with 2 minute recovery between
- 4 minute rest
- 3 x 1 minute run with 1 minute recovery between
- 8 minute easy cool down

This means you will:

- Do an 8 minute easy run to warm up
- Run for 4 minutes at a higher intensity and then jog or walk for 2 minutes to recover, which you will do 3 times (18 minutes in total)
- Rest for 4 minutes
- Run for 1 minute at a higher intensity and then jog or walk for 1 minute to recover, which you will do 3 times (6 minutes in total)
- Do an 8 minute easy run to cool down

In total, this session is 44 minutes in length – but remember to allow time for some dynamic warm up exercises before you start and stretching when you finish.

Easy run:

You should feel able to hold a conversation with your running partner.

Easy taper run:

Tapering refers to the practice of reducing the distance you run in the days just before your 10K run.













High intensity:

This should feel challenging and you should only be able to utter a word or two at a time.

10K training plan



Leading on from the 5K training plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11	High intensity 8 minute warm up 3 x 4 minute run with 2 minute recovery between 4 minute rest 3 x 1 minute run with 1 minute recovery between 8 minute cool down	Rest day Easy stretching 	Easy run Dynamic warm up 30 minute run Cool down	Rest day Easy stretching 	Easy run Dynamic warm up 35 minute run Cool down	Rest day Cross training (optional) Easy stretching plus core stability exercises	Easy run Dynamic warm up 15-20 minute run (optional) Cool down
Week 12	High intensity 8 minute warm up 3 x 5 minute run with 2 minute recovery between 4 minute rest 2 x 1 minute run with 1 minute recovery between 8 minute cool down	Rest day Easy stretching 	Easy run Dynamic warm up 30 minute run Cool down	Rest day Easy stretching 	Easy run Dynamic warm up 40 minute run Cool down	Rest day Cross training (optional) Easy stretching plus core stability exercises	Easy run Dynamic warm up 15-20 minute run (optional) Cool down
Week 13	High intensity 8 minute warm up 4 x 4 minute run with 3 minute recovery between 4 minute rest 4 x 30 second run with 1 minute recovery between 8 minute cool down	Rest day Easy stretching 	Easy run Dynamic warm up 40 minute run Cool down	Rest day Easy stretching 	Easy run Dynamic warm up 45 minute run Cool down	Rest day Cross training (optional) Easy stretching plus core stability exercises	Easy run Dynamic warm up 15-20 minute run (optional) Cool down
Week 14	High intensity 8 minute warm up 4 x 3 minute run plus 2 x 2 minute run with 2 minute recovery between 4 minute rest 3 x 30 second run 8 minute cool down	Rest day Easy stretching 	Easy run Dynamic warm up 40 minute run Cool down	Rest day Easy stretching 	Easy run Dynamic warm up 50 minute run Cool down	Rest day Cross training (optional) Easy stretching plus core stability exercises	Rest day Easy stretching 
Week 15	High intensity 8 minute warm up 4 x 90 second with 2 minute recovery between 8 minute cool down (taper)	Rest day Easy stretching 	Easy taper run Dynamic warm up 15 minute easy taper run Cool down	Rest day Easy stretching 	10K run Dynamic warm up 10K run – well done! (or rest if running 10K tomorrow) Cool down	Rest day Easy stretching Or 10K if you rested yesterday	Rest day Easy stretching 

Health and Wellbeing

A hub with a wealth of information

Our website has a health and wellbeing hub that provides access to a variety of useful and valuable information. Designed to offer support and guidance it's accessible to anybody who visits our site. There are many videos and a range of supporting documentation covering a wealth of different topics. We regularly run webinars hosted by experts in their particular field and the recordings are made available within the hub.

Visit: wpa.org.uk/health-wellbeing to find out more.



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