






















































Running training plan: 10K-Advanced

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	60 mins Cross-Training  	10 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog  	40 mins Cross-Training  	45 mins Steady effort run  	Rest 	10 mins warm-up, 8 x 2 mins at 90% effort with 60 secs recovery between efforts, 10 mins cool down  	90 mins easy/steady effort long run  
2	45 mins easy run  	10 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs recovery between efforts, 10 mins cool down jog  	60 mins Cross-Training  	45 mins Steady effort run  	Rest 	10 mins warm-up, 6x3 mins at 90% effort with 60 secs recovery, 10 mins cool down  	90 mins easy/steady effort long run  
3	45 mins easy run  	10 mins warm-up, 6 x 4 mins at 90% effort with 75 secs recovery between efforts, 10 mins cool down  	45 mins Cross-Training  	45 mins Steady effort undulating run  	Rest 	10 mins warm-up, 4 x 8 mins undulating at Threshold effort with 60 secs recovery, 10 mins cool down jog  	90 mins easy/steady effort long run  
4	45 mins easy run  	10 mins warm-up, 6x4 mins at 90% effort with 60 secs recovery, 10 mins cool down  	45 mins Steady effort run  	45 mins run including middle 15 mins at Threshold effort  	Rest 	5km Park Run OR 10 mins warm up, 3 miles at 10km effort, 10 mins cool down 	90 mins easy/steady effort long run  

Beat heartbreak forever

© British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426)
















































Running training plan: 10K-Advanced

Easy

Moderate

Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest 	60 mins run incl middle 20 mins at Threshold effort  	30 mins Cross-Training  	45 mins easy run  	Rest 	3 x 2 miles at 10km effort with 5 mins recovery jog between efforts 	60 mins easy long run  
6	45 mins easy run  	10 mins warm-up, 6 x 5 mins at 90% effort with 60 secs recovery between efforts, 10 mins cool down  	30 mins Cross-Training  	40 mins run incl 5 x 60 secs at 5km effort with 60 secs recovery jog between efforts  	25 mins easy run  	5km Park Run 	60 mins easy long run  
7	Rest 	10 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs recovery, 10 mins cool down jog  	30 mins Cross-Training  	45 mins Steady effort run  	Rest 	4 x 1 mile at 10km effort with 60 secs recovery jog between efforts 	60 mins easy long run pace  
8	Rest 	10 mins warm-up, 5x3 mins at 90% effort with 60 secs recovery, 10 mins cool down  	30 mins easy run  	30 mins run: 10 mins easy + 10 mins at threshold effort + 10 mins easy  	Rest 	20 mins easy run incl 5 x 15 second strides  	10K Event!

Beat heartbreak forever

© British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426)