



# 10K TRAINING PROGRAMME - 10 WEEKS

**Race Day: Saturday, 5 December 2026**  
 4 running days per week | 3 rest days | Social and recreational runner programme

## INDICATIVE PACE GUIDE

| Group     | 10K Target       | Recovery<br>(min/km) | Easy/LSD<br>(min/km) | Tempo<br>(min/km) | 10K Race Pace<br>(min/km) | Hills   | Intervals<br>(min/km) |
|-----------|------------------|----------------------|----------------------|-------------------|---------------------------|---------|-----------------------|
| <b>G1</b> | <b>Sub 1:20</b>  | 9:15-10:00           | 8:40-9:30            | 8:15-8:30         | 8:00                      | RPE 7-8 | 7:35-7:50             |
| <b>G2</b> | <b>Sub 1:10</b>  | 8:15-9:00            | 7:40-8:30            | 7:15-7:30         | 7:00                      | RPE 7-8 | 6:35-6:50             |
| <b>G3</b> | <b>Sub 1:00</b>  | 7:15-8:00            | 6:40-7:30            | 6:15-6:30         | 6:00                      | RPE 7-8 | 5:35-5:50             |
| <b>G4</b> | <b>Sub 55:00</b> | 6:45-7:30            | 6:10-7:00            | 5:45-6:00         | 5:30                      | RPE 7-8 | 5:05-5:20             |
| <b>G5</b> | <b>Sub 50:00</b> | 6:15-7:00            | 5:40-6:30            | 5:15-5:30         | 5:00                      | RPE 7-8 | 4:35-4:50             |
| <b>G6</b> | <b>Sub 45:00</b> | 5:45-6:30            | 5:10-6:00            | 4:45-5:00         | 4:30                      | RPE 7-8 | 4:05-4:20             |
| <b>G7</b> | <b>Sub 40:00</b> | 5:15-6:00            | 4:40-5:30            | 4:15-4:30         | 4:00                      | RPE 7-8 | 3:35-3:50             |

**Pace use:** Select the group closest to your current fitness; these are indicative training ranges.

**Hills:** Run by effort (RPE 7-8/10), strong and controlled; jog easily back down.

**Easy/LSD & Recovery:** Keep conversational; slow down for heat, hills, fatigue or difficult terrain.



## 10K TRAINING PLAN - 28 SEPTEMBER TO 6 DECEMBER 2026

| Week                               | Mon  | Tue                                       | Wed      | Thu                                       | Fri  | Sat                   | Sun  |
|------------------------------------|------|-------------------------------------------|----------|-------------------------------------------|------|-----------------------|------|
| <b>W1</b><br>28 Sep-4 Oct          | Rest | 10 WU + 6 x (90 sec H + Jog Down) + 10 WD | 40 min E | 10 WU + 3 x (6 min T + 2 min Rec) + 10 WD | Rest | 60 min LSD            | Rest |
| <b>W2</b><br>5-11 Oct              | Rest | 10 WU + 8 x (90 sec H + Jog Down) + 10 WD | 40 min E | 10 WU + 3 x (8 min T + 2 min Rec) + 10 WD | Rest | 65 min LSD            | Rest |
| <b>W3</b><br>12-18 Oct             | Rest | 15 WU + 6 x (600m I + 300m Rec) + 10 WD   | 45 min E | 10 WU + 25 min T + 10 WD                  | Rest | 70 min LSD            | Rest |
| <b>W4</b><br>19-25 Oct<br>DELOAD   | Rest | 35 min E + 6 x 20 sec Strides             | 30 min E | 10 WU + 3 x (5 min T + 2 min Rec) + 10 WD | Rest | 50 min LSD            | Rest |
| <b>W5</b><br>26 Oct-1 Nov          | Rest | 15 WU + 5 x (800m I + 400m Rec) + 10 WD   | 45 min E | 15 WU + 3 x (2 km RP + 2 min Rec) + 10 WD | Rest | 75 min LSD            | Rest |
| <b>W6</b><br>2-8 Nov               | Rest | 15 WU + 5 x (1 km I + 400m Rec) + 10 WD   | 45 min E | 15 WU + 2 x (3 km RP + 3 min Rec) + 10 WD | Rest | 80 min LSD            | Rest |
| <b>W7</b><br>9-15 Nov              | Rest | 10 WU + 8 x (90 sec H + Jog Down) + 10 WD | 45 min E | 15 WU + 30 min T + 10 WD                  | Rest | 85 min LSD            | Rest |
| <b>W8</b><br>16-22 Nov<br>DELOAD   | Rest | 35 min E + 6 x 20 sec Strides             | 30 min E | 10 WU + 20 min T + 10 WD                  | Rest | 60 min LSD            | Rest |
| <b>W9</b><br>23-29 Nov             | Rest | 15 WU + 5 x (1 km I + 400m Rec) + 10 WD   | 40 min E | 15 WU + 5 km RP + 10 WD                   | Rest | 65 min LSD            | Rest |
| <b>W10</b><br>30 Nov-6 Dec<br>RACE | Rest | 30 min E + 4 x 20 sec Strides             | Rest     | 20 min E + 3 x (1 min RP + 2 min E Rec)   | Rest | 10K RACE<br>Sat 5 Dec | Rest |

**Abbreviations:** WU = Warm-up | WD = Warm-down | E = Easy | LSD = Long Slow Distance | Rec = Recovery | T = Tempo | RP = 10K Race Pace | H = Hills | I = Intervals | RPE = Rate of Perceived Exertion

**Runner Notes:** Rest means rest; do not carry missed mileage forward. Quality sessions should be controlled, not raced. Complete WU and WD. If significantly fatigued, replace quality with Easy or Rest. Race week includes four Rest days to maximise freshness.