

10k ENDURANCE TRAINING PLAN

Insert recovery days after high intensity training days where possible. You may also wish to insert one after your long run.

Training Nutrition

Pre-training	Sip on 500ml Viper for 1 hour pre-training (mixed to 4%-5% or 3/4 scoop per 500ml of water).
During Training	Sip on 750ml Viper (mixed to 6%-8% or 1 scoop per 500ml of water).
Post Training	Recovermax 1 - 2 scoops depending on training duration and intensity.

Sessions

Easy Pace	70 - 75% maximum heart rate. You should be able to talk and run at this pace.
Steady Pace	75 - 80% maximum heart rate. This should be your fast but comfortable pace - below 10k race pace.
Tempo Pace	85 - 90% maximum heart rate. This should be your 10k race pace.
Mile Pace	This pace you could hold for a 1 mile race.
5k Pace	This pace you could hold for a 5k race.
10k Pace	Your estimated 10k race pace.
1 Minute Hills	Find a gradual slope that will allow you to run for 30 seconds, fast but relaxed.
30 Second Hills	Find a slightly steeper slope that will allow you to run for 30 seconds, fast but relaxed.
Recovery from Intervals	Interval recovery times are marked, but you can change these according to your level of fitness. Do not shorten the recovery periods until you can comfortably finish the training session at the set recovery times.
Recovery Prior to Race Day	Ensure you don't run hard for the 3 days preceding race day. Insert a recovery day the day prior and an easy day prior to that.

Always warm up before each session, including your 10k race.

This should consist of gentle jogging to raise the heart rate and warm the muscles followed by stretching for 5 minutes prior to your session. Warm down should repeat this.

Week 1

Day 1	5 x 1000m @ 10k pace, with 3 minute jog recovery between intervals.
Day 2	4 miles @ Easy pace.
Day 3	2 x 10 minute intervals @ Tempo pace, with 3 minute jog between intervals.
Day 4	6 miles @ Easy pace.
Day 5	-
Day 6	-

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Week 2	
Day 1	6 x 800m @ 5k pace, with 3 minute jog recovery between intervals.
Day 2	5 miles @ Steady pace.
Day 3	5 x 1 minute hills, jog down recovery.
Day 4	8 miles @ Easy pace.
Day 5	-
Day 6	-

Week 3	
Day 1	5 x 1000m @ 10k pace, with 3 minute jog recovery between intervals.
Day 2	4 miles @ Steady pace.
Day 3	10 x 30 second hills, jog down recovery.
Day 4	4 miles @ Easy pace.
Day 5	10 miles @ Easy pace.
Day 6	-

Week 4 (Compensation week)	
Day 1	8 x 400m @ Mile pace
Day 2	6 miles @ Steady pace.
Day 3	20 minute @ Tempo pace.
Day 4	8 miles @ Easy pace.
Day 5	-
Day 6	-

Week 5	
Day 1	5 x 1000m @ 10k pace, with 3 minute jog recovery between intervals.
Day 2	5 miles @ Steady pace.
Day 3	5 x 1 minute hills, jog down recovery.
Day 4	5 miles @ Easy pace.
Day 5	10 miles @ Easy pace.
Day 6	-

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Week 6

Day 1	6 x 800m @ 5k pace, with 3 minute jog recovery between intervals.
Day 2	4 miles @ Steady pace.
Day 3	10 x 30 second hills, jog down recovery.
Day 4	5 miles @ Easy pace.
Day 5	10 miles @ Easy pace.
Day 6	-

Week 7

Day 1	5 x 1200m @ 10k pace, with 3 minute jog recovery between intervals.
Day 2	4 miles @ Easy pace.
Day 3	5 x 6 minute @ Tempo pace, with 2 minute jog recovery between intervals.
Day 4	5 miles @ Easy pace.
Day 5	10 miles @ Easy pace.
Day 6	-

Week 8 (Compensation week and race week)

Day 1	5 x 800m @ 5k pace, with 3 minute jog recovery between intervals.
Day 2	3 x 5 minute @ Tempo pace
Day 3	-
Day 4	3 miles @ Easy pace.
Day 5	-
Day 6	10k race