**50 Minute 10k Plan**

**How to use this programme**

This is a 10-week programme for runners aiming to complete 10k in 50 minutes. The plan has been set out with three key sessions per week and a long run. Days can be switched around depending on the groups regular training nights. They can be changed from Tuesday/Thursday to Monday/Wednesday, for example. The programme provides four days of running with the option for more or cross training depending on time and levels of fitness.

**Key Pacing Information**

10km Race Pace (10KP): 8:03 min per mile

Slow/Easy run: 10 min per mile (6 Rate Perceived Exertion [RPE])

Interval Sessions – 8/9 RPE

Tempo Session – 7/8 RPE

**Structure of Interval Session**

RAMP Warm Up

Session

5 minutes easy running

Static Stretching

**Interval Session Info**

Intervals can be run on a track, the road or grass where the surface is even. Recovery should be taken with an easy run or walk.

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| Break 50min for 10k  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
| Week 1  | Rest Day  | 45sec x10 30 sec recovery  | Rest day or active recovery  | 2min x6 60 sec recovery  | Rest day  | 10min tempo run  | 45min long run  |
| Week 2  | Rest Day  | 45sec x10 30sec recovery  | Rest day or AR  | 4min x4 2min recovery  | Rest day  | 10min tempo  | 50 min long run  |
| Week 3  | Rest Day  | 60sec x10 30sec recovery  | Rest day or AR  | 10min easy 10min tempo 10min easy  | Rest day  |  Hills 30sec hill x8 jog back recovery  | 60min long run  |
| Week 4  | Rest Day  | 5min x4 2min recovery  | Rest day or AR  | 45sec x10 30sec recovery  | Rest day  | 12min tempo  | 75min long run  |
| Week 5  | Rest Day  | 4min x6 2min recovery  | Rest day or AR  | 60sec x12 30sec recovery  | Rest day  | 12min tempo  | 75min long run  |
| Week 6  | Rest Day  | 2min x6 1min recovery 1min x4 30 sec recovery  | Rest day or AR  | Hills 45sec hill x 8 jog back recovery  | Rest day  | 14min tempo  | 60 min long run  |
| Week 7  | Rest Day  | 6min x4 3min recovery  | Rest day or AR  | 60sec x12 30sec recovery  | Rest day  | 14min tempo  | 75min long run  |
| Week 8  | Rest Day  | 4min x52min recovery  | Rest day or AR  | Hills 45 sec hill x 8 jog back rec | Rest day  | 16 min tempo  | 60 min long run  |
| Week 9 | Rest Day  | 60sec x10 30 sec recovery  | Rest day or AR  | 3min x7 90 sec recovery  | Rest day  | 16min tempo  | 60 min long run  |
| Week 10  | Rest Day  | 45 sec x10 30 sec recovery  | Rest day  | 40min easy run  | Rest day  | 20min run strides  | RACE  |

**Key:**

Interval (8/9 RPE) Tempo (7/8) RPE) EASY RUN (6 RPE) RACE