**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 x5  2min 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