

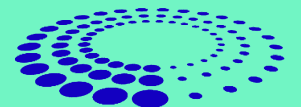


Template training plan

Running: 10km
Advanced



fullpotential



This template training plan has been provided by Mind's training partner, Full Potential.

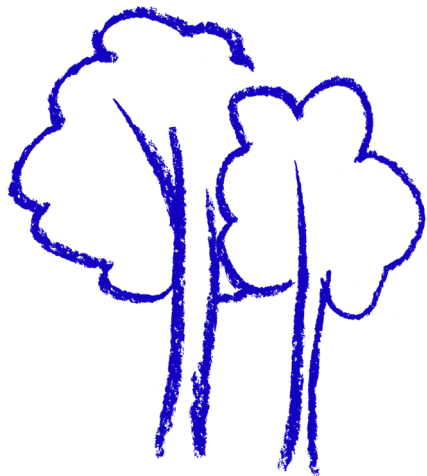
Important

Disclaimer: Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk.

It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our **terms and conditions** your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time.

It's important to recognise that some of us can develop an unhealthy relationship with physical activity. Anyone can develop an unhealthy relationship with exercise.

But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **Mind's website**.



Type of session	Perceived effort level (1-10)	How it should feel – The talk test
Recovery / easy run	6 – 6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch.
Steady effort run	7 – 8	You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running.
Threshold runs	8 – 8.5	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.
Long run	6.5 – 7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
10km / speedwork	9 – 9.5	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to.

How the plan works

If you are an experienced 10km runner looking for a challenge then this plan is for you. We kick off with threshold intervals from week one and have 4 runs a week along with some conditioning work and cross training. We'll use a 5km race in week 8 to test your fitness and make sure you are ready for race day.

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up running too quickly, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart.

On the left, is our guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind.

- Key sessions for each week are highlighted in **BLUE**. These are the non-negotiable sessions that you need to fit into your diary in order to run your best race.
- Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- Sessions in **BLACK** are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.



10km training plan: advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30 minutes conditioning work	10 minutes warm up, 4 x 5 minutes at threshold effort with 90 seconds jog recovery between efforts, 10 minutes cool down	40 minutes easy cross training / gym class	45 minutes easy run	Rest day	30 minutes steady undulating run	60 minutes easy long run
Week 2	30 minutes conditioning work	10 minutes warm up, 5 x 5 minutes at threshold effort with 90 seconds jog recovery between efforts, 10 minutes cool down	40 minutes easy cross training / gym class	45 minutes easy run	Rest day	45 minutes steady undulating run	60 minutes easy long run
Week 3	30 minutes conditioning work	40 minutes easy cross training / gym class	10 minutes warm up, 10 x 1 minute on (90%+ effort) with 1 minute easy jog recovery, 10 minutes cool down	Rest day	10 minutes warm up, 4 x 6 minutes at threshold effort over undulating terrain with a 90 seconds recovery, 10 minutes cool down	Rest day	75 minutes easy long run
Week 4	30 minutes conditioning work	10 minutes warm up, 10 x 1:30 on (85-90% effort) with 1 minute easy jog recovery, 10 minutes cool down	40 minutes easy cross training / gym class	40 minutes easy run	Rest day	10 minutes warm up, 3 x 8 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down	60 minutes easy long run

Running: 10km advanced plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	30 minutes conditioning work	40 minutes easy cross training / gym class	10 minutes warm up, 4 x 8 minutes at threshold effort over undulating terrain with a 90 seconds recovery, 10 minutes cool down	30 minutes recovery run	10 minutes warm up, 6 x 3 minutes at 90% (10km) effort with a 90 seconds recovery, 10 minutes cool down	Rest day	60 minutes easy run
Week 6	30 minutes conditioning work	10 minutes warm up, 5 x 6 minutes at threshold effort with a 90 seconds recovery, 10 minutes cool down	30 minutes recovery run	Rest day	10 minutes warm up, 12 minutes at threshold effort, 3 minutes recovery, 5 x 2 minutes at 10km pace with a 60 seconds recovery, 10 minutes cool down	40 minutes easy cross training / gym class	75 minutes easy long run
Week 7	30 minutes conditioning work	10 minutes warm up, 4 x 8 minutes at threshold effort with 90 seconds jog recovery between efforts, 10 minutes cool down	Rest day	15 minutes easy, 15 minutes steady, 15 minutes easy	Rest day	10 minutes warm up, 8 x 3 minutes at 90% effort with 90 seconds jog recovery between efforts, 10 minutes cool down	60 minutes easy long run
Week 8	30 minutes conditioning work	10 minutes warm up, 3 x 10 minutes at threshold effort with a 90 seconds recovery, 10 minutes cool down	Rest day	30 minutes easy run - include 3 x 1 minutes at 90% with a 60 seconds jog recovery in the middle	Rest day	5km race	30 minutes recovery run

Running: 10km advanced plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	30 minutes conditioning work	Rest day	10 minutes warm up, 5 x 6 minutes at threshold effort with a 60 seconds recovery, 10 minutes cool down	30 minutes easy run	Rest day	10 minutes warm up, 2 x 4 x 2 minutes at 5k pace with a 60 seconds recovery between reps and a 3 minute recovery between sets, 10 minutes cool down	75 minutes easy long run
Week 10	30 minutes conditioning work	10 minutes warm up, 4 x 8 minutes at threshold effort with 60 secs jog recovery between efforts, 10 minutes cool down	Rest day	50 minutes easy run	10 minutes warm up, 6 x 4 minutes at 90% (10k) effort with a 90 seconds recovery, 10 minutes cool down	40 minutes easy cross training / gym class	90 minutes easy long run
Week 11	30 minutes conditioning work	10 minutes warm up, 4 x 10 minutes at threshold effort with 90 secs jog recovery between efforts, 10 minutes cool down	30 minutes recovery run	12 Minutes easy, 12 minutes steady, 12 minutes easy	Rest day	10 minutes warm up, 1,2,3,4,3,2,1 minutes at 90% (10km) effort with a 90 seconds recovery, 10 minutes cool down	50 minutes easy long run
Week 12	Rest day	10 minutes warm up, 4 x 4 minutes at threshold effort with 60 secs jog recovery between efforts, 10 minutes cool down	Rest day	30 minutes easy run - include 3 x 1 minutes at 90% with a 60 seconds jog recovery in the middle	Rest day	20 minutes easy run + strides	10km race day

Thank you for supporting Mind!

Did you know...?

Full Potential would be happy to provide you with a personalised training plan. To get your plan and to see other training content, visit mind.org.uk/traininghub

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