



Improver 10K

Completing The Plan

This plan is aimed at runners who have run a 10km and now wish to improve.

The training plan is generic and not bespoke for individual runners. This should be borne in mind when following the plan.

To make it specific to your needs consider factors such as current training and training history. Ensure that you are suitably warmed up before starting the session and undertake a cool down post session.

Take ownership of the plan and adapt it to suit your situation, background, and needs. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert before resuming training.

Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check-up with a professional before undertaking any running training plan.

Guiding your effort

This improver plan does not relate to specific running speeds. Instead, it uses rate of perceived exertion where the person is running as they feel as opposed to pacing by time.

As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

RPE scale

What it might feel like....

0

Sat at home in your armchair.

1-2

Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.

3-4

Easy running. Able to hold a full conversation, you might have to consciously slow down. Gentle & relaxed.

4-5

Steady running. Able to speak but in shorter sentences. Could keep going for between 75 minutes – 2 hours.

6-7

Controlled discomfort. A pace you could hold for 60 mins. You should be able to speak 2-3 words at a time.

8-9

Working hard. Have to work to maintain pace. Breathing strongly & will need recovery between efforts.

10

Working very hard. An effort you can sustain for only short periods before it feels unsustainable.

Speed Sessions: Talk Test Recovery (TTR)

Speed sessions are designed to enhance running performance by focusing on short bursts of high-intensity effort interspersed with periods of rest or lower intensity, aimed at improving overall performance.

These sessions are tailored to challenge both aerobic and anaerobic systems, contributing to enhanced speed and endurance.

Between each repetition that you run during an interval session you can use an active talk test recovery. At the end of a repetition, you may find that you feel tired, and your breathing is elevated.

Once you can talk normally and your breathing has returned to its usual level you can start the next repetition. Bear in mind the faster you run the longer it will take to recover.

This will be specific to you so if running with a group of people you may find that runners start the next repetition at different times.

You may wish to keep your recoveries active; for example, you could walk or undertake a light jog.

Week	Session 1	Session 2	Session 3	Session 4
1	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	3x6mins w/ TTR Effort: 6-7 out of 10	7 miles (11km) Effort: 3-4 out of 10
2	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	5x3mins w/ TTR Effort: 6-7 out of 10	7 miles (11km) Effort: 3-4 out of 10
3	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	25mins Effort: 5-6 out of 10	7 miles (11km) Effort: 3-4 out of 10
4	6 miles (10km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	5x4mins w/ TTR Effort: 7-8 out of 10	7 miles (11km) Effort: 3-4 out of 10
5	6 miles (10km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	25mins Effort: 5-6 out of 10	8 miles (12.8km) Effort: 3-4 out of 10

Week	Session 1	Session 2	Session 3	Session 4
6 - Recovery	3 miles (5km) Effort: 3-4 out of 10	Rest	Rest	3 miles (5km) Effort: 3-4 out of 10
7	6 miles (10km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10	9x2mins w/ TTR Effort: 7-8 out of 10	8 miles (12.8km) Effort: 3-4 out of 10
8	6 miles (10km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10	3x7mins w/ TTR Effort: 6-7 out of 10	8 miles (12.8km) Effort: 3-4 out of 10
9	6 miles (10km) Effort: 3-4 out of 10	4 miles (6.4km) Effort: 3-4 out of 10	25mins Effort: 5-6 out of 10	8 miles (12.8km) Effort: 3-4 out of 10
10	5 miles (8km) Effort: 3-4 out of 10	3 miles (5km) Effort: 3-4 out of 10	Rest	Race Day



FUNDRAISING
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Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland