



## Intermediate-Advanced 10K Training Plan

Designed for those who have run a 10K but wish to improve their time.

Week	Workout 1	Workout 2	Workout 3 (see below for RPE index chart)	Workout 4	Workout 5
1	3.5 mi	3 mi	vo2: 6 x 3 min at RPE 8 2 min recovery walk or jog between each set	45-60 min cross train	4 mi
2	4.5 mi	3 mi	30 min tempo run at RPE 6	45-60 min cross train	5 mi
3	5.5 mi	3 mi	vo2: 7 x 3 min at RPE 8 2 min recovery walk or jog between each set	45-60 min cross train	6 mi
4	5.5 mi	3 mi	(20 min tempo run at RPE 6, then 5 min recovery jog at RPE 2) x2	45-60 min cross train	6 mi
5	5 mi	3 mi	vo2: 8 x 3 min at RPE 8 2 min recovery walk or jog between each set	45-60 min cross train	7 mi
6	5 mi	3 mi	40 min tempo run at RPE 6	45-60 min cross train	8 mi
7	4 mi	3 mi	vo2: 8 x 3 min at RPE 8 2 min recovery walk or jog between each set	45-60 min cross train	6 mi
8	4 mi	3 mi	30 min run at RPE 3-4		10 K RACE DAY

cross train = alternative aerobic activity ie biking, swimming, walking, hiking, etc. at RPE 2-3

\*unless otherwise indicated, all runs to be performed at RPE 3-4

**vo2 workouts:** Speed Intervals to help improve your ability to absorb and use oxygen during exercise.

**tempo run:** Elevates your anaerobic threshold and develops your ability to run faster for longer.

A warm up walk or jog of at least 5 minutes should be done prior to vo2 and tempo runs.

time workout

distance workout

 rest day

# RATE OF PERCEIVED EXERTION CHART

★ Use this RPE chart to gauge your workout intensity ★

10	<b>ALL-OUT SPRINT</b> The maximum possible effort, sustainable for just 20-30 seconds.
9	<b>VERY HARD INTENSITY</b> Hard to speak, breathing labored after a few seconds, requires focus; good for 1-min intervals.
8	<b>HARD INTENSITY</b> Requires focus to maintain; hard to say more than 2-3 words; good for Cooper Tests, 5k PRs.
7	<b>VIGOROUS ACTIVITY</b> Can speak in short sentences; becomes uncomfortable quickly. Requires constant effort.
6	<b>HARD ACTIVITY</b> Labored breathing, challenging and uncomfortable but sustainable for 30-60 mins.
5	<b>PROGRESSIVE PACE</b> A pace that requires some pushing and effort to maintain; still able to hold a conversation.
4	<b>COMFORTABLE WITH SOME EFFORT</b> Slight 'push' but still at a pace which you could speak a few sentences without struggling.
3	<b>COMFORTABLE PACE</b> Able to maintain a conversation without getting out of breath while running.
2	<b>LIGHT AND EASY</b> Non-taxing, very gentle and easy to maintain a conversation - could continue for hours.
1	<b>MINIMUM EFFORT</b> Bare minimum exertion; a gentle stroll through the woods. Could continue all day.



Find out how to incorporate RPE into your training at [MarathonHandbook.com](http://MarathonHandbook.com)

