



10km Training Plan

Week	Focus	Run 1 (Easy)	Run 2 (Quality)	Run 3 (Long Run)
1	Easy	3km easy	4km steady (RPE 6)	5km easy (flat or gentle)
2	Build	4km easy	5km w/ 3 x 2min @ RPE 7	6km easy (rolling terrain)
3	Build	4km easy	5km w/ 4 x 2min @ RPE 7	6km easy (2–3 small hills)
4	Hard	5km easy	6km w/ 4 x 4min @ RPE 7–7.5	7km steady (2–3 controlled hills)
5	Easy	3km easy	4km relaxed (RPE 6)	5km easy (flat or light hills)
6	Build	4km easy	5km w/ 4 x 3min @ RPE 7	7km steady (rolling hills, even effort)
7	Hard	5km easy	6km w/ 3 x 5min @ RPE 7.5	8km steady (3–4 hill efforts, controlled)
8	Easy	3km easy	5km relaxed + x5 20sec strides	6km easy (light hills only)
9	Build	4km easy	6km w/ 4 x 4min @ RPE 7–7.5	8km steady (rolling hills, find rhythm)
10	Peak	5km easy	7km w/ 3 x 6min @ RPE 7.5	9km steady (race-style hills, controlled effort)
11	Taper	3km easy	5km w/ 3 x 2min @ RPE 7	5–6km easy (light hills only)
12	Race	3km easy	3km shakeout + x5 20sec strides	10km Race

Training Plan Information

This plan is designed to be flexible - because no two runners (or weeks!) are the same.

If you would like a more personalised plan and to add in some strength training (for power, stamina and injury prevention!) then get in touch below.

Effort Guide (RPE)

RPE 5–6: Easy / conversational

RPE 6–7: Steady / controlled

RPE 7–7.5: Strong but sustainable

Understanding the Runs

Easy Runs: Keep them relaxed.

Quality Runs: Controlled effort, not all out.

Long Runs: Build strength and confidence, not just distance.

Hill Running Guidance

Focus on effort rather than pace.

Keep effort steady on climbs, shorten stride, stay relaxed.

Don't push to win the hill - save energy.

Use downhills to recover and reset rhythm.

Missed a Week?

Don't try to catch up. Adjust based on feel and keep moving forward.

Consistency always beats cramming.

Any questions or want to dive deeper into your race goals? We are always here to talk training so reach out anytime!

Your GAS Girls

[Get in Touch](#)