



# TRAINING PLAN

for runners who want to complete the  
**10k race in under 40 min.**

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Easy (30 min.)	Rest day	Easy (60 min.)	Rest day	Easy (30 min.)	Tempo Run	Long Dist. (90min.)
2	Easy (30 min.)	Easy (50 min.)	Interval 1	Rest day	Easy (60 min.)	Medium (50 min.)	Long Dist. (90min.)
3	Easy (30 min.)	Easy (30 min.)	Medium (60 min.)	Rest day	Easy (60 min.)	Easy (30 min.)	Easy (60 min.)
4	Easy (30 min.)	Easy (50 min.)	Interval 2	Rest day	Easy (60 min.)	Medium (50 min.)	Long Dist. (90min.)
5	Rest day	Easy (30 min.)	Interval 3	Rest day	Easy (40 min.)	Tempo Run	Easy (60 min.)
6	Easy (30 min.)	Medium (60 min.)	Easy (60 min.)	Rest day	Easy (40 min.)	Interval 4	Long Dist. (90min.)
7	Easy (30 min.)	Easy (50 min.)	Interval 4	Rest day	Easy (30 min.)	Tempo Run	Long Dist. (90min.)
8	Rest day	Easy (30 min.)	Easy (60 min.)	Rest day	Medium (60 min.)	Easy (30 min.)	Long Dist. (70min.)
9	Easy (40 min.)	Tempo Run	Easy (30 min.)	Rest day	Easy (40 min.)	Interval 3	Long Dist. (90min.)
10	Easy (30 min.)	Easy (50 min.)	Medium (60 min.)	Rest day	Easy (50 min.)	Interval 4	Long Dist. (90min.)
11	Easy (30 min.)	Easy (50 min.)	Easy (30 min.)	Rest day	Interval 2	Easy (40 min.)	Easy (60 min.)
12	Rest day	Easy (30 min.)	Easy (60 min.)	Easy (50 min.)	Easy (30 min.)	Rest day	Race Simulation
13	Easy (30 min.)	Easy (40 min.)	Easy (60 min.)	Easy (30 min.)	Tempo Run	Easy (30 min.)	Long Dist. (90min.)
14	Easy (30 min.)	Medium (60 min.)	Easy (40 min.)	Rest day	Easy (50 min.)	Internal 3	Long Dist. (90min.)
15	Rest day	Easy (30 min.)	Easy (50 min.)	Rest day	Interval 5	Easy (30 min.)	Easy (60 min.)
16	Rest day	Easy (30 min.)	Easy (40 min.)	Easy (30 min.)	Easy (30 min.)	Rest day	<b>RACE DAY</b> 🏁

Don't forget to download the  
Runtastic app that will help you track your training runs, keep  
an eye on your progress (hello, improving pace!) & much more.



## EASY

30 min./ 40 min./ 50 min./ 60 min.

This should be a running pace in which you feel comfortable at any time. You shouldn't be out of breath. Run slowly, so that you always have the feeling that you could „really run a lot faster.“ if desired.

## MEDIUM

1 x Medium 40min./60min.

Pace: min.: 04:50/min./km  
max.: 04:30 min./km

When running an endurance run (ER) medium, you should generally run at a pace that you can still call a „feel-good pace.“ You're not running slowly anymore, but you feel good. Even at this pace, you should not lose your breath. You should be able to chat with your running partner without problems.

## TEMPO RUN

1 x 00:20:00 Warm up

1 x 00:40:00 Fast

1 x 00:20:00 Cool Down

During the tempo run, you run faster than your „feel-good pace.“ However, you should have the impression that you can keep up this pace for a very long time. Your breath should be slightly strained, but regular. Still, you should not breathe too heavily. When running a tempo run, you should not feel like you're in a competition.

## LONG DISTANCE

1 x Slow 70min./80min./90min.

Pace: min. 05:30/min/km  
max. 04:50 min/km

The long endurance run (ER) focuses on the length, not on the pace. Start running slowly (in a relaxed ER). Of course, you can slightly increase the pace, so that you reach the pace of the medium ER in the last third of the long endurance run. But don't run at the pace of your tempo run!

## INTERVAL

1x 20min. Warm Up

Interval 1-11

1x 20min. Cool Down

Interval training is a game with your pace. The fast running sections are considerably faster than those of the tempo run, the slow ones are relaxed. Interval training is the perfect preparation for a 10k run or a half marathon. Make sure that you adapt the fast running sections to the duration. The fastest pace is at a running interval of 1 min - but do not sprint! The longer the running interval, the slower your pace should be.

Interval 1	8x 00:03:00 Fast
	00:03:00 Active Break
Interval 2	15x 00:01:00 Fast
	00:01:00 Active Break
Interval 3	5x 00:05:00 Fast
	00:03:00 Active Break
Interval 4	8x 00:03:00 Fast
	00:02:00 Active Break
Interval 5	10x 00:02:00 Fast
	00:02:00 Active Break
Interval 6	7x 00:03:00 Fast
	00:03:00 Active Break
Interval 7	5x 00:05:00 Fast
	00:05:00 Active Break

Interval 8	5x 00:03:00 Fast
	00:03:00 Active Break
Interval 9	10x 00:01:00 Fast
	00:02:00 Active Break
Interval 10	5x 00:02:00 Fast
	00:03:00 Active Break
Interval 11	4x 00:05:00 Fast
	00:05:00 Active Break

## RACE SIMULATION

3 x 00:07:30 2km

active break 00:03:00

Pace: min.04:00min/km

max.3:50min/km

No matter if it's a city run, a country route or a well-known running path in the forest, you should try to run at a fast pace. But, only run as fast as your fitness level allows you. It is a test to run at a fast pace for a long time - hold out until the end! This is also a good time to test your sense of pace. It is best to really push yourself, as based on the result of the test run, so you can determine the best pace for your upcoming race.