

ARC 10K Improvement Plan

Colour code for paces	5-10% quicker than current 10k PB, or roughly your current 5k pace	
	5-10% quicker than current 5k PB	Or please refer to https://runsmartproject.com/calculator/
Special sessions	Push On Session	Breakthrough Sessions
Week of...	Session 1 (Tuesday)	Session 2 (Saturday)
29th March	30th	3rd
	SPEED Reverse Pyramids 1k, 800m, 600m, 400m off 2mins, 3 mins between sets x3	THRESHOLD 3x3k at Half Marathon Pace or between 80&90% of MaxHr, 1k recovery at Marathon Pace
5th April	6th	10th
	HILLS Pyramid long hills 400m, 500m, 600m, 700m 800m off equal downhill recovery x3 3mins between each set	SPEED 6x1mile (2x 1mile , with 3min rec, then 4x1m at current 10k pace 3min jog rec between each rep)
12th April	13th	17th
	SPEED 12 x 400 meters off 400 meters recovery	THRESHOLD 3x4k at Half Marathon Pace or between 80&90% of MaxHr, 1k recovery at Marathon Pace
19th April	20th	24th
	HILLS Pyramid hill sprints 15sec, 30sec, 45 sec, 60sec, 45sec, 30sec, 15sec etc all jog rec back to start. x3 sets 3 mins between sets	SPEED 2miles + 4x1mile (2 miles , 5min rec, 4x1mile at current 10k pace off 3.30 mins rec)
26th April	27th	1st
	SPEED 10 x 600 meters off 300 meters recovery	THRESHOLD 4x3k at Half Marathon Pace or between 80&90% of MaxHr, 500m recovery at Marathon Pace
3rd May	4th	8th
	HILLS Kenyan Hills, 30 minutes of a continuous pace up and down the hill. Remember to run downhill at a speed that you will be able to maintain up hill.	SPEED 2 miles + 1mile (2 miles , 3min rec then 1 mile , 3min rec, then 3x1mile at current 10k off 3mins rec)
10th May	11th	15th

	SPEED 7x1k (800 meters with a 200 meters kick) 1k recovery	THRESHOLD 4x4k at Half Marathon Pace or between 80&90% of MaxHr, off 1k recovery at Marathon Pace
17th May	18th	22nd
	HILLS Pyramid long hills 400m, 500m, 600m, 700m 800m off equal downhill recovery x3 3mins between each set	SPEED 2x2miles + 1&1 (2 x 2 miles, 5min rec between, then 1 mile off 3mins rec, then 1m at current 10k pace)
24th May	25th	29th
	SPEED Tune Up Session 4x800m off 2min rec (3mins) 4x400m off 90 seconds (5mins) 10min tempo @ MPace (3mins) 4x200m off 1min.	SPEED 30,20,10 x5 x 4 sets. 30secs (Easy), 20secs(Tempo), 10secs(all out) no recovery x 5 times. X 4 sets with 2 min walk recovery between sets.
31st May	1st	5th
	HILLS Kenyan Hills, 30 minutes of a continuous pace up and down the hill.	HAPPY DAYS parkrun Return (5k at 10k pace)
7th June	8th	12th
	SPEED Youtube Double 8x90 8x60 8x30 8x15 off equal rec	THRESHOLD 3x5k at Half Marathon pace or between 80&90% of MaxHr, off 500meters at Marathon pace
14th June	15th	19th
	HILLS Pavey Hills	SPEED parkrun Effort (5k with 3min recovery(barcode scan) then 2m, 3min rec then 1m current 10k.
21st June	22nd	26th
	SPEED Reverse Pyramids 1k, 800m, 600m, 400m off 2mins, 3 mins between sets x3	THRESHOLD 3x3k at Half Marathon pace or between 80&90% of MaxHr, off 1k recovery at Marathon pace
28th June	29th	Sunday 4th
	TURN OVER 8 x 800meters off 400m rec	RACE DAY "FRADLEY 10k ARC TAKEOVER"