

6-Week Sub-38 Minute 10K Training Plan

Target 10K Time: 38 minutes (3:48 per km)

Training Paces

- **Easy:** 4:15-4:35 per km
- **Tempo:** 3:50-4:00 per km
- **Interval:** 3:35-3:45 per km
- **Long Run:** 4:15-4:30 per km

Weekly Structure (Daily Training)

- **3 Runs:** Easy + Workout + Long run
- **2 Gym:** Upper body + Legs (2x per week)
- **2 Tennis:** Friday + Sunday (fixed)
- **1 Swim/Bike:** Saturday with long run

Weeks 1-2: Foundation Phase

| Day | Week 1 | Week 2 |
|-----------|--|--|
| Monday | 6km easy run | 6km easy run |
| Tuesday | Upper body gym | Upper body gym |
| Wednesday | 7km with 4 × 1km tempo (2min recovery) | 7km with 6 × 800m intervals (90sec recovery) |
| Thursday | Leg workout | Leg workout |
| Friday | Tennis | Tennis |
| Saturday | 10km long run + Swim/bike session | 12km long run + Swim/bike session |
| Sunday | Tennis + Leg workout | Tennis + Leg workout |

Week 3: Build Week

- Monday:** 7km easy run
- Tuesday:** Upper body gym
- Wednesday:** 8km with 5 × 1km tempo (90sec recovery)
- Thursday:** Leg workout
- Friday:** Tennis
- Saturday:** 15km long run + Swim/bike session
- Sunday:** Tennis + Leg workout

Week 4: Recovery Week

Monday: 6km easy run

Tuesday: Upper body gym

Wednesday: 7km with 8 × 600m intervals (90sec recovery)

Thursday: Light leg workout

Friday: Tennis

Saturday: 10km long run + Easy swim/bike (30-40min)

Sunday: Tennis + Light leg workout

Week 5: Peak Week

Monday: 7km easy run

Tuesday: Upper body gym

Wednesday: 9km with 3 × 2km tempo (3min recovery)

Thursday: Leg workout

Friday: Light tennis

Saturday: 18km long run + Swim/bike session

Sunday: Light tennis + Light leg workout

Week 6: Taper & Race

Monday: 6km easy run

Tuesday: Light upper body

Wednesday: 6km with 6 × 200m strides

Thursday: Light activation exercises

Friday: Light tennis

Saturday: Easy swim/bike (20-30min)

Sunday: 10K RACE - Target 3:48/km

Sub-38 Min 10K Leg Workout

Duration: 50-60 minutes | Thursday + Sunday

Phase 1: Explosive Power (15 min)

A1. Depth Jumps: 4 × 5 (2-3 min rest)

A2. Single-Leg Bounds: 3 × 6 each leg (90s rest)

B1. Reactive Box Jumps: 4 × 4 (2 min rest)

B2. Jump Lunges: 3 × 12 total (90s rest)

Phase 2: Strength Endurance (20 min)

C1. Bulgarian Split Squats: 4 × 12 each leg (45s rest)

C2. Single-Leg RDL: 4 × 10 each leg (45s rest)

D1. Single-Leg Calf Raises: 4 × 20 each leg (30s rest)

D2. Lateral Bounds: 3 × 10 each direction (60s rest)

Phase 3: Power Endurance (12 min)

E1. Stadium Steps: 5 × 20 steps (walk down recovery)

E2. Single-Leg Hops: 4 × 20 each leg (30s rest)

E3. Wall Sit: 3 × 45-60 seconds (45s rest)

Phase 4: Metabolic Finisher (8 min)

Circuit (3 rounds, minimal rest):

- Squat jumps × 15
- Mountain climbers × 20
- Pogo jumps × 15
- High knees × 20

Notes: Sunday sessions reduce plyometric volume by 30%. Week 4 & 6: reduce all volumes by 25%.

Race Strategy for Sub-38

Start (0-2km): 3:52-3:55/km - conservative start

Middle (2-7km): 3:46-3:50/km - settle into race pace

Finish (7-10km): 3:42-3:48/km - empty the tank

Key Training Notes

- Wednesday workouts are non-negotiable priority sessions
- Long runs build aerobic base for sustained speed
- Two leg workouts per week target explosive power and endurance
- Ankle health is crucial - address any pain immediately
- Your 4:29/km for 12km shows sub-38 is achievable when healthy