

# 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**

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## 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%.

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## **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