

2XU



BEGINNER

10KM TRAINING PROGRAM

BY 2XU ATHLETE, PROFESSIONAL DISTANCE RUNNER
& RECREATIONAL RUNNING COACH

RILEY COCKS

ABOUT RILEY



Riley is a professional Australian Distance runner for 2XU, Physiotherapist & Recreational Running Coach. He is the co-founder and head coach of Adelaide based running group and online coaching service RunAsOne. He holds personal bests of 1:02.54 for the half-marathon, 28:45 for 10,000m, and 13:50 for 5,000m. As a coach Riley draws on over a decade of running experience combined with his background in physiotherapy and 6 years of working in a running specialty

store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.

Learn more about [Riley](#) and [RunAsOne](#)

ABOUT THE BEGINNER 10KM TRAINING PROGRAM

This program has been designed for those who may have completed a number of 5km events and looking to step up and complete the 10km distance.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but won't always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you can't, you are probably going too hard.

SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

HARD

This level of effort should be difficult and uncomfortable to sustain. You won't feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

KEY ABBREVIATIONS

W/U

Warm Up

W/D

Warm Down

TT

Time Trial

RECOVERY IS TRAINING

THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness. That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

PRODUCT FEATURE



SHOP RECOVERY

GO TO WEEK

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MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Session: W/U: 10min easy jog Main set: 6x 400m hard run with 90secs standing recovery between W/D: 5min easy jog
WED	X Train: 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day
FRI	Session: W/U: 10min easy jog Main set: 6x 2min solid run, 1 min easy walk recovery between W/D: 5min easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.
SUN	Continuous 5km easy Run:

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 3x 1km solid run, 2mins standing recovery between W/D: 5min easy jog
WED	X Train:	20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 6x 3min solid run, 1 min easy walk recovery between W/D: 5min easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.	
SUN	Long Run/ Walk:	4x 8mins run easy / 2mins walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 4x 800m solid run, 2mins standing recovery between W/D: 5min easy jog
WED	X Train:	20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 4x 5min solid run, 2min easy walk recovery between W/D: 5min easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	5x 8mins run easy / 2mins walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 6x 600m solid run, 90secs standing recovery between W/D: 10min easy jog
WED	X Train:	20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 5x 5min solid run, 2min easy walk recovery between W/D: 5min easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	5x 9mins run easy / 1min walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Intervals: W/U: 10min easy jog Main set: 10x 400m solid run, 90seconds standing recovery between W/D: 10min easy jog
WED	X Train: 20-30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day
FRI	Session: W/U: 10min easy jog Main set: 10x 100m run hard / 100m walk easy recovery between W/D: 10min easy jog
SAT	Rest Day
SUN	Test: W/U: 10min easy jog Main set: 5km TT @ Goal 10km pace W/D: 5min easy jog

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Run:	30min continuous easy
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 5x 800m solid run, 2min standing recovery between W/D: 10min easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	6x 9mins run easy / 1min walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Session: W/U: 10min easy jog Main set: 4x 1km solid run, 2mins standing recovery between W/D: 10min easy jog
WED	X Train: 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day
FRI	Session: W/U: 5min easy jog Main set: 3×7mins solid run, 3mins easy walk between W/D: 5min easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.
SUN	Continuous Run: 7km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 10min easy jog
Main set: 10×300m solid, 100m easy
walk recovery between
W/D: 5min easy jog

WED

X Train: 30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Run: 20min easy run + 6×20sec hard run/40sec
easy walk recovery

SAT

Rest Day

SUN

Race Day!
Good luck today, trust in your training and go out
there and enjoy it

2XU



INTERMEDIATE 10KM TRAINING PROGRAM

BY 2XU ATHLETE, PROFESSIONAL DISTANCE RUNNER
& RECREATIONAL RUNNING COACH

RILEY COCKS

ABOUT RILEY



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store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.

Learn more about [Riley](#) and [RunAsOne](#)

ABOUT THE INTERMEDIATE 10KM TRAINING PROGRAM

This program has been designed for those who have been running consistently 3 or more times per week for the past 12+months and looking to improve on their 10km time. It is an intermediate program to give you the best chance of running a Personal best 10km.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but won't always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you can't, you are probably going too hard.

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PRODUCT FEATURE



[SHOP RECOVERY](#)

GO TO WEEK

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3

4

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MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 2km easy jog Main set: 8x 400m hard run with 1min standing recovery between W/D: 2km easy jog
WED	Run:	30mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	W/U: 2km easy jog Main set: 5x 1km solid run with 90secs standing recovery between W/D: 2km easy jog
SAT	X Train:	30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
SUN	Long Run:	10km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 2km easy jog
Main set: 8x 600m hard run with 90secs
standing recovery between
W/D: 2km easy jog

WED

Run: 30mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: **W/U:** 2km easy jog
Main set: 5x 3mins solid run with 1min
easy jog recovery between
W/D: 2km easy jog

SAT

X Train: 30-60mins low impact aerobic
exercise, Eg. Bike, Swim, Elliptical

SUN

Long Run: 12km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 2km easy jog
Main set: 6x 800m hard run with 90secs
standing recovery between
W/D: 2km easy jog

WED

Run: 30mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: **W/U:** 2km easy jog
Main set: 8x 2mins solid run with 1min
easy jog recovery between
W/D: 2km easy jog

SAT

X Train: 30-60mins low impact aerobic
exercise, Eg. Bike, Swim, Elliptical

SUN

Long Run: 13km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 2km easy jog Main set: 12x 400m hard with 60secs standing recovery between W/D: 2km easy jog
WED	Run:	30mins easy
THUR	X Train:	30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Session:	W/U: 2km easy jog Main set: 4x 5mins solid run with 2mins easy jog recovery between W/D: 2km easy jog
SAT	Run:	30mins easy
SUN	Long Run:	14km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 1.5km easy jog Main set: 10x 1min hard with 1 min solid jog recovery between W/D: 1.5km easy jog
WED	Run:	30mins or 6km easy
THUR	X Train:	30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Run:	30mins easy + 4×100m hard walk back recovery between
SAT	Test:	W/U: 2km easy jog Main set: 5km TT @ goal 10km pace W/D: 2km easy jog
SUN	Long Run:	12km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 2km easy jog Main set: 6x 1km hard run, 1min standing recovery between W/D: 2km easy jog
WED	Run:	30mins or 6km easy
THUR	X Train:	30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Session:	W/U: 2km easy jog Main set: 3x 7mins solid run with 3mins easy jog recovery between W/D: 2km easy jog
SAT	Run:	30mins easy
SUN	Long Run:	15km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 2km easy jog Main set: 8x 400m hard run with 200m solid jog recovery between W/D: 2km easy jog
WED	Run:	30mins easy
THUR	X Train:	30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Session:	W/U: 2km easy jog Main set: 20mins solid run, 4min easy jog between, 6min hard run to finish W/D: 2km easy jog
SAT	Run:	30mins easy
SUN	Taper Long Run:	12km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session:

W/U: 2km easy jog

Main set: 3km solid run, 2mins standing recovery, 5x 400m hard run with 60sec standing recovery between

W/D: 2km easy jog

WED

Run:

30mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Run:

30mins easy + 6x 100m hard walk back to start for recovery

SAT

Rest Day

SUN

Race Day!

Good luck today, trust in your training and go out there and enjoy it