

Running Plan Summary

Plan Overview

Plan uses progressive endurance build, two weekly quality sessions (interval + tempo), one long run, strength and recovery focus, plus race-pace rehearsals and consistent evening timing.

Success Assessment



Reasonable chance due to ample 10-week preparation, flat course and consistent evening training, tempered by elevated BMI and moderate baseline fitness requiring disciplined pacing and recovery.

Things to Consider

Improve success by reducing body weight slightly, add twice-weekly strength work, prioritize sleep and nutrition, practice race pacing, and ensure consistency with at least 4 weekly runs.

Plan Request Details

Running Target

PLAN START DATE

September 2, 2025

RACE TYPE

10K

RACE DATE

November 9, 2025

TARGET TIME

42 minutes

Personal Details

YEAR OF BIRTH

1998

GENDER

MALE

HEIGHT

186 cm

WEIGHT

92 kg

FITNESS LEVEL

MODERATE

Additional Info and Preferences

I'm preparing for a 10K race on a flat surface. Most of my running is done in local park or in woods. I can only do exercise in the evening, after 8pm.

Training Schedule

Tuesday, 02 Sep 2025 Easy Run

Evening easy run 6 km at conversational pace. Focus on relaxed breathing and smooth cadence after work.
Goal: Build aerobic base and promote recovery while adapting body to regular evening training routine.

Wednesday, 03 Sep 2025 Intervals

Warm up 2 km. 6 x 400 m at 10K effort with 200 m jog recoveries. Cool down 2 km.
Goal: Develop speed endurance and improve lactate tolerance. Establish race pace effort control for 10K target.

Thursday, 04 Sep 2025 Easy Run

Easy 6 km in the park. Include 6 x 20 second strides with full recovery. Keep pace conversational.
Goal: Promote recovery while practicing efficient turnover. Maintain weekly mileage without adding stress.

Friday, 05 Sep 2025 Tempo

Warm up 2 km. 20 minutes steady tempo at comfortably hard pace. Cool down 2 km.
Goal: Raise lactate threshold to sustain faster pace for longer during the 10K race.

Saturday, 06 Sep 2025 Easy Run

Recovery evening run 5 km easy. Focus on relaxed form and shallow breathing. No hard efforts.
Goal: Active recovery to flush fatigue and keep consistency while preparing for weekend long run.

Sunday, 07 Sep 2025 Long Run

Long steady run 10 km at easy conversational pace. Practice fueling and pacing in park routes.
Goal: Build endurance and time-on-feet to improve aerobic capacity for race distance.

Monday, 08 Sep 2025 Strength

45 minutes strength session. Bodyweight and resistance exercises: squats, lunges, deadlifts, core work. Finish with mobility.
Goal: Increase running strength, reduce injury risk, and improve running economy for sustained race pace.

Tuesday, 09 Sep 2025 Easy Run

Evening easy run 7 km. Include 6 x 20 second strides. Keep effort very comfortable.
Goal: Recover from strength day while keeping aerobic load consistent. Reinforce efficient turnover.

Wednesday, 10 Sep 2025 Intervals

Warm up 2 km. 5 x 600 m at 10K pace slightly faster with 2 minute jog recoveries. Cool down 2 km.
Goal: Improve VO2 and pace control. Train ability to hold strong pace under fatigue.

Thursday, 11 Sep 2025 Easy Run

Easy 6 km in woods. Maintain relaxed effort. Focus on cadence and posture.
Goal: Active recovery and form reinforcement. Preserve freshness before tempo session.

Friday, 12 Sep 2025 Tempo

Warm up 2 km. 25 minutes tempo at comfortably hard effort. Cool down 2 km.
Goal: Raise threshold and teach sustained faster pacing for race efforts.

Saturday, 13 Sep 2025 Easy Run

Recovery run 5 km easy. Gentle pace. Walk breaks allowed if needed.
Goal: Promote recovery and adaptation after tempo. Maintain consistency without accumulating fatigue.

Sunday, 14 Sep 2025 Long Run

Long steady run 12 km easy. Practice consistent pacing and race-day nutrition routine.
Goal: Increase aerobic endurance and confidence at longer durations while keeping intensity low.

Monday, 15 Sep 2025 **Strength**

45 minute strength session. Include single-leg work, glute bridges, core stability and mobility.
Goal: Build muscular resilience and balanced strength to support higher running loads.

Tuesday, 16 Sep 2025 **Easy Run**

Easy 7 km with 8 x 20 second strides. Conversational pace.
Goal: Recovery while reinforcing fast-leg turnover. Maintain weekly volume safely.

Wednesday, 17 Sep 2025 **Intervals**

Warm up 2 km. 8 x 400 m at faster than 10K pace with 200 m jog recoveries. Cool down 2 km.
Goal: Develop speed and anaerobic capacity. Improve ability to respond to pace surges.

Thursday, 18 Sep 2025 **Easy Run**

Easy 6 km in the park. Keep effort very comfortable. Focus on relaxed stride.
Goal: Active recovery to consolidate interval gains and avoid overreaching.

Friday, 19 Sep 2025 **Tempo**

Warm up 2 km. 30 minutes tempo at steady hard effort. Cool down 2 km.
Goal: Increase threshold endurance to hold a faster sustainable pace during 10K race.

Saturday, 20 Sep 2025 **Easy Run**

Recovery run 5 km easy. Gentle pace and full recovery mindset.
Goal: Aid physiological recovery and prepare for longer weekend run while keeping consistency.

Sunday, 21 Sep 2025 **Long Run**

Long steady run 13 km easy. Practice steady splits and fueling strategy.
Goal: Continue progressive endurance build and confidence for race distance and pace management.

Monday, 22 Sep 2025 **Strength**

45 minutes strength session. Emphasize hip stability, calf strength, core control and mobility.
Goal: Improve force application and durability to reduce injury risk during higher mileage.

Tuesday, 23 Sep 2025 **Easy Run**

Easy 8 km. Include 6 x 30 second strides. Comfortable conversational pace.
Goal: Maintain aerobic conditioning and neuromuscular readiness while avoiding fatigue accumulation.

Wednesday, 24 Sep 2025 **Intervals**

Warm up 2 km. Ladder session 400-800-1200-800-400 m at 10K to faster than 10K pace with equal jog recoveries. Cool down 2 km.
Goal: Build speed endurance, pacing strategy and ability to sustain surges during race.

Thursday, 25 Sep 2025 **Easy Run**

Easy 6 km recovery run. Focus on loose shoulders and relaxed breathing post intervals.
Goal: Recover the legs while preserving aerobic base and adaptation from interval work.

Friday, 26 Sep 2025 **Tempo**

Warm up 2 km. 20 minutes tempo followed by 10 minutes slightly faster race pace. Cool down 2 km.
Goal: Practice sustaining hard efforts and rehearsing race pace under fatigue.

Saturday, 27 Sep 2025 **Easy Run**

Recovery run 5 km easy. Gentle pace, optional short walks if needed.
Goal: Active recovery to consolidate training and prepare for the week's long run.

Sunday, 28 Sep 2025 Long Run

Long steady run 14 km easy. Include last 3 km slightly quicker. Focus on even pacing.

Goal: Extend endurance and practice finishing stronger to simulate late-race 10K demands.

Monday, 29 Sep 2025 Strength

40 minutes light strength and mobility. Prioritize recovery, core, single-leg stability and soft tissue work.

Goal: Maintain muscular balance and aid recovery after long effort while reducing injury risk.

Tuesday, 30 Sep 2025 Easy Run

Easy 8 km with 8 x 20 second strides. Relaxed pace in the evening.

Goal: Maintain aerobic load and keep legs responsive without creating excessive fatigue.

Wednesday, 01 Oct 2025 Intervals

Warm up 2 km. 6 x 800 m at 10K pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Sharpen race pace endurance and improve ability to hold target speed under repeated stress.

Thursday, 02 Oct 2025 Easy Run

Easy 6 km recovery run. Focus on breathing and efficient turnover. No hard efforts.

Goal: Flush fatigue from intervals and maintain training consistency toward race preparation.

Friday, 03 Oct 2025 Tempo

Warm up 2 km. 30 minutes tempo at comfortably hard effort. Cool down 2 km.

Goal: Raise threshold and reinforce ability to sustain effort near race pace for longer durations.

Saturday, 04 Oct 2025 Easy Run

Recovery evening run 5 km easy. Gentle effort and light stretching after.

Goal: Active recovery to consolidate tempo benefits and prepare for final long run before taper.

Sunday, 05 Oct 2025 Long Run

Long run 16 km easy. Last 4 km include steady pickups to near race effort. Practice pacing and fueling.

Goal: Peak aerobic endurance. Simulate finishing strength needed for strong 10K performance.

Monday, 06 Oct 2025 Strength

35 minutes light strength and mobility. Focus on maintenance, core stability, and brief activation work.

Goal: Maintain strength while beginning gradual reduction in load. Prepare body for upcoming taper phase.

Tuesday, 07 Oct 2025 Easy Run

Evening easy 7 km. Keep heart rate low and conversational. Include 6 easy strides at finish.

Goal: Promote recovery and maintain aerobic base while preparing for midweek interval quality sessions.

Wednesday, 08 Oct 2025 Intervals

Warm up 2 km. 5 x 1 km at slightly faster than target 10K pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Improve speed endurance and ability to hold race pace under stress. Build confidence in sustained faster efforts.

Thursday, 09 Oct 2025 Easy Run

Recovery evening run 6 km very easy. Gentle cadence and relaxed breathing. Finish with light mobility work.

Goal: Flush metabolic waste and consolidate gains from intervals. Prepare legs for upcoming tempo session.

Friday, 10 Oct 2025 Tempo

Warm up 2 km. 20 minutes tempo at comfortably hard effort near threshold. Cool down 2 km.

Goal: Raise lactate threshold and improve ability to sustain a strong race pace for longer segments.

Saturday, 11 Oct 2025 Easy Run

Easy 6 km. Include 8 x 20 second strides with full recovery. Keep overall pace comfortable.

Goal: Maintain leg turnover and neuromuscular responsiveness without accumulating fatigue before weekend long run.

Sunday, 12 Oct 2025 Long Run

Long run 14 km easy. Last 3 km include steady pickups to near race effort. Practice hydration if needed.

Goal: Build aerobic endurance and simulate late-race strength. Practice pacing and finishing sensation for the 10K distance.

Monday, 13 Oct 2025 Strength

35 minutes light strength and mobility. Focus on core, single leg stability and hip strength. Controlled loading.

Goal: Maintain muscular balance and reduce injury risk while supporting running economy for upcoming weeks.

Tuesday, 14 Oct 2025 Easy Run

Recovery evening run 6 km easy. Emphasize relaxed form and deep breathing. Gentle stretching after.

Goal: Aid recovery from long run and keep aerobic system active without adding stress to tissues.

Wednesday, 15 Oct 2025 Intervals

Warm up 2 km. 8 x 400 m at faster than 10K pace with 90 second jog recoveries. Cool down 2 km.

Goal: Sharpen leg turnover and VO2 capacity. Improve speed and rhythm for race kick.

Thursday, 16 Oct 2025 Easy Run

Easy 6 km including 6 x 20 second strides. Keep pace conversational and recover fully between strides.

Goal: Recovery run to consolidate interval benefits and maintain weekly mileage safely.

Friday, 17 Oct 2025 Tempo

Warm up 2 km. 25 minutes tempo at comfortably hard effort. Cool down 2 km.

Goal: Sustain effort near race pace to raise threshold and improve pacing confidence for 10K.

Saturday, 18 Oct 2025 Easy Run

Easy 7 km relaxed run. Include mobility drills after session. Avoid any hard efforts.

Goal: Active recovery to keep legs fresh and prepare for Sunday's long endurance work.

Sunday, 19 Oct 2025 Long Run

Long run 14 km easy. Last 4 km include progressive surges to near race pace. Practice nutrition if needed.

Goal: Maintain endurance and simulate strong finish. Reinforce pacing and finishing strength for race demands.

Monday, 20 Oct 2025 Strength

40 minutes strength and mobility. Focus on maintenance, glute and posterior chain work and core stability.

Goal: Support running mechanics and reduce injury risk while maintaining strength through late preparation.

Tuesday, 21 Oct 2025 Easy Run

Recovery evening run 6 km easy. Focus on cadence and relaxed posture. Short stretching afterward.

Goal: Promote recovery and ensure freshness for midweek interval session.

Wednesday, 22 Oct 2025 Intervals

Warm up 2 km. 6 x 800 m at target 10K pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Reinforce ability to hold target pace repeatably. Build confidence in sustained race speed.

Thursday, 23 Oct 2025 Easy Run

Easy 6 km. Include 8 x 20 second strides at the end. Keep overall effort comfortable.

Goal: Recovery to consolidate intervals and maintain neuromuscular responsiveness without fatigue.

Friday, 24 Oct 2025 **Tempo**

Warm up 2 km. 20 minutes tempo at slightly faster than comfortably hard. Cool down 2 km.

Goal: Improve tempo endurance and ability to drive pace in the middle of the race with controlled discomfort.

Saturday, 25 Oct 2025 **Easy Run**

Easy 7 km relaxed run in evening. Practice efficient breathing and steady cadence. Gentle mobility after.

Goal: Recover from tempo while keeping aerobic base and preparing for upcoming long run.

Sunday, 26 Oct 2025 **Long Run**

Long run 12 km easy. Last 3 km include gradual pickups to race pace. Focus on even pacing.

Goal: Sustain aerobic capacity while beginning gradual reduction in volume toward race week.

Monday, 27 Oct 2025 **Strength**

30 minutes light strength and mobility. Emphasize maintenance and injury prevention. Keep loads moderate.

Goal: Maintain strength and stability while reducing overall fatigue in the final training phase.

Tuesday, 28 Oct 2025 **Easy Run**

Recovery evening run 6 km easy. Keep effort conversational and include short mobility drills afterward.

Goal: Promote recovery and freshness before a final hard week with controlled intensity.

Wednesday, 29 Oct 2025 **Intervals**

Warm up 2 km. 5 x 1 km at 10K race pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Race-specific sharpening. Practice rhythm and pacing at target race speed without excessive fatigue.

Thursday, 30 Oct 2025 **Easy Run**

Easy 6 km. Include 6 x 20 second strides. Relaxed pace and focused form. Gentle stretching after.

Goal: Recovery to consolidate sharpening session and prepare for pre-taper tempo session.

Friday, 31 Oct 2025 **Tempo**

Warm up 2 km. 15 minutes tempo steady at slightly faster than goal race pace. Cool down 2 km.

Goal: Maintain threshold response while lowering total load. Stay sharp without excessive fatigue before taper.

Training Schedule (continued)

Saturday, 01 Nov 2025 Easy Run

Easy 6 km relaxed. Keep cadence smooth. Finish with mobility and gentle core activation.

Goal: Promote recovery and maintain movement quality as volume reduces approaching race week.

Sunday, 02 Nov 2025 Long Run

Reduced long run 10 km easy. Last 2 km include light pickups to race pace. Focus on relaxed form.

Goal: Begin final taper. Preserve endurance while reducing fatigue and rehearsing race finishing feel.

Monday, 03 Nov 2025 Strength

25 minutes light strength and mobility. Short maintenance session with bodyweight and core focus. No heavy loading.

Goal: Retain strength and stability while minimizing fatigue in final taper week.

Tuesday, 04 Nov 2025 Easy Run

Easy 6 km very relaxed. Include 6 gentle strides. Emphasize recovery and sleep quality.

Goal: Keep legs active and fresh. Final preparation to maintain sharpness without creating fatigue.

Wednesday, 05 Nov 2025 Intervals

Warm up 2 km. 4 x 400 m at slightly faster than race pace with full recovery. Cool down 2 km.

Goal: Short sharpening session to maintain leg speed and confidence while preserving freshness for race day.

Thursday, 06 Nov 2025 Easy Run

Easy 5 km. Very relaxed pace. Include mobility and light dynamic drills afterward.

Goal: Final easy maintenance run. Keep legs turning over and recover fully for race rehearsal.

Friday, 07 Nov 2025 Rest

Complete rest or gentle walking only. Prioritize sleep, nutrition and hydration. Light stretching if desired.

Goal: Allow full recovery and supercompensation. Be rested and ready for race day.

Saturday, 08 Nov 2025 Easy Run

Very easy 3 km with 4 short strides. Keep effort minimal. Early evening run only.

Goal: Final loosening jog to stay loose. Minimize fatigue while maintaining neuromuscular readiness for race.

Sunday, 09 Nov 2025 Race

10 km race at target effort. Warm up 2 km and perform light strides. Pacing plan: even splits with conservative first 2 km.

Goal: Execute race strategy. Aim to achieve target time by combining pacing, fitness and practiced finishing strength.