

**PB
PROTOCOL**



TRAINING PROGRAM

**10K PB
STRAVA CHALLENGE**

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A WORD FROM COACH ANDY HOBDELL

This training program is designed as a guide towards running your **10k Personal Best** taking part in the **Strava Challenge**. I know many of you may already be following your own plans or working with coaches, so use this structure in a way that best supports your current training.

This plan is designed for runners who already have consistency in their legs and are comfortable training regularly. To reflect different backgrounds, availability, and ambitions, I've split the programme into three levels: **Easy**, **Intermediate**, and **Hard**, so you can work at an intensity that challenges you appropriately while still allowing a good degree of progression.

Each level follows a **four-week progression**, balancing easy running with quality and race-specific sessions, with the aim of building consistency and arriving at the final week feeling ready rather than fatigued.

PROGRAM LEVEL

EASY

FOR BUILDING CONFIDENCE, CONSISTENCY AND ROUTINE

WEEK 1

EASY PROGRAM

DAY 01

Easy 35 mins
+ 4 x 100m strides with walk back recovery

DAY 02

Easy 35 mins

DAY 03

Fartlek session:

- 10 mins easy jog warm-up
- 10 x 60 seconds at 10k pace intensity with 60 seconds jog/walk recovery
- 10 mins jog cool-down

DAY 04

Easy 45 mins

WEEK 2

EASY PROGRAM

DAY 01

Easy 35 mins
+ 4 x 100m strides with walk back recovery

DAY 02

Easy to steady 35 mins

DAY 03

Fartlek Session:

- 10 mins easy jog warm-up
- 3 sets: 3/2/1 mins at 10k pace intensity
with 60 seconds jog/walk recovery
+ 2 mins rest between sets
- 10 mins jog cool-down

DAY 04

Easy 50 mins

WEEK 3

EASY PROGRAM

DAY 01

Easy 35 mins
+ 4 x 100m strides with walk back recovery

DAY 02

Easy to steady 40 mins

DAY 03

Fartlek Session:

- 10 mins jog warm-up
- 10 x 2 mins at 10k pace intensity with 60 seconds jog/walk recovery
- 10 mins jog cool-down

DAY 04

Easy 50 mins

PB WEEK

WEEK 4

EASY PROGRAM

DAY 01

Easy 35 mins
+ 4 x 100m strides with walk back recovery

DAY 02

Fartlek Session:

- 10 mins easy jog warm-up
- 5/4/3/2/1 mins at 10k pace intensity with 60 seconds jog/walk recovery
- 10 mins jog cool-down

DAY 03

Easy 20 mins
+ 2 to 4 x 100m strides with walk back recovery

DAY 04

10k PB fun

PROGRAM LEVEL

INTERMEDIATE

FOR PROGRESSING FITNESS WITH ADDED STRUCTURE AND INTENSITY
(AIM TO RUN 4 TIMES PER WEEK)

WEEK 1

INTERMEDIATE PROGRAM

DAY 01

Easy 35 mins

DAY 02

easy to steady 40 mins
+ 4 x 100m strides with 100m jog/walk recovery

DAY 03

Fartlek Session:

- 10 mins jog warm-up
 - 16 x 60 seconds starting at 10k intensity and progressing to 5 k intensity on the reps (getting quicker but controlled) with 60 seconds jog/walk recovery
 - 10 mins jog cool-down
-

DAY 04

Easy 60 mins

WEEK 2

INTERMEDIATE PROGRAM

DAY 01

Easy 40 mins

DAY 02

easy to steady 40 mins
+ 4 x 100m strides

DAY 03

Fartlek Session:

- 10 mins jog warm-up
 - 10 x 2 mins starting at 10k to 5k intensity
with 60 seconds jog/walk recovery
 - 10 mins jog cool-down
-

DAY 04

75 mins run how you feel

WEEK 3

INTERMEDIATE PROGRAM

DAY 01

Easy 40 mins

DAY 02

easy to steady 45 mins
+ 4 x 100m strides

DAY 03

Fartlek Session:

- 10 mins jog warm-up
 - 2 sets: 5/4/3/2/1 mins at 10k to 5k intensity with 60 seconds jog/walk recovery
 - 3 mins rest jog between sets
 - 10 mins jog cool-down
-

DAY 04

60 mins run how you feel

PB WEEK

WEEK 4

INTERMEDIATE PROGRAM

DAY 01

Easy 40 mins
+ 4 x 100m strides

DAY 02

Fartlek Session:

- 10 mins jog warm-up
 - 5 mins at 10k intensity with 3 mins recovery
 - 3 sets: 3 x 60 seconds at 5k intensity
with 30 seconds recovery
 - 2 mins rest between sets
 - 10 mins jog cool-down
-

DAY 03

Easy 25 mins

DAY 04

10k PB day

PROGRAM LEVEL

HARD

FOR EXPERIENCED RUNNERS TARGETING PEAK PERFORMANCE
(AIM TO RUN 6 TIMES PER WEEK)

WEEK 1

HARD PROGRAM

DAY 01 Easy 35 to 40 mins

DAY 02 Easy to steady 45 mins
+ 4 x 100m strides

DAY 03 Fartlek Session:

- 10 mins jog warm-up
- 24 x 60 seconds at 10k to 5k intensity
with 30 seconds jog recovery
- 10 mins jog cool-down

DAY 04 Rest

DAY 05 Easy to steady 45 mins

DAY 06 10k steady at Half-Marathon intensity
easy 5 to 10 mins jog warm-up and cool-down before
and after the run

DAY 07 16k run how you feel

WEEK 2

HARD PROGRAM

DAY 01

Easy 45 mins

DAY 02

Easy to steady 45 mins
+ 4 x 100m strides

DAY 03

Fartlek Session:

- 10 mins jog warm-up
 - 10 x 3 mins (one rep at 10k, one at 5k intensity)
with 90 seconds jog recovery
 - 10 mins jog cool-down
-

DAY 04

Rest

DAY 05

Easy to steady 45 mins

DAY 06

Run the hills with good form aiming for 5k/3k intensity jog slow-down recovery

Fartlek Session:

- 10 mins jog warm-up
 - 10k at half-marathon intensity with 3 mins recovery
 - 10 x 30 seconds on hills with 3 mins recovery
 - 3k at half-marathon intensity
 - 10 mins jog cool-down
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DAY 07

16k run how you feel

WEEK 3

HARD PROGRAM

DAY 01 Easy 45 mins

DAY 02 Easy to steady 45 mins
+ 4 x 100m strides

DAY 03 Fartlek Session:

- 10 mins jog warm-up
- 5 x 1,5k at 10k intensity
with 3 mins jog recovery
- 10 mins jog cool-down

DAY 04 Rest

DAY 05 Easy to steady 45 mins

DAY 06

- 10 mins jog warm-up
- 5k time trial with 4 mins recovery
- 5k 2 mins slower than time trial
- 10 mins jog cool-down

DAY 07 60 mins social run

PB WEEK

WEEK 4

HARD PROGRAM

DAY 01 Easy 40 mins

DAY 02 Easy to steady 35 mins
+ 4 x 100m strides

DAY 03 Fartlek Session:

- 10 mins jog warm-up
- 10 x 400m alternating 10k/5k intensity with 100m jog recovery
- 10 mins jog cool-down

DAY 04 Rest

DAY 05 Easy 35 mins

DAY 06 Easy 30 mins + some relaxed strides

DAY 07 10k PB day

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