PB PROTOCOL

TRAINING PROGRAM

10K PB

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A WORD FROM COACH ANDY HOBDELL

This training program is designed as a guide towards running a **10k Personal Best.** 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

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

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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

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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

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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

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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

WEEK 4

PB WEEK

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

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PROGRAM LEVEL

HARD

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

WEEK 1

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

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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

DAY 07

16k run how you feel

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WEEK 3

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

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WEEK 4 *PB WEEK*

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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