



FREE TRAINING PLAN

45 Minute 10k Training Plan

A demanding intermediate plan for runners building toward a 45-minute 10k.

TARGET

45:00

10k finish-time goal

RACE PACE

7:15/mile

4:30/km pace per kilometre

CYCLE

3 build weeks + recovery

Repeat or adapt once absorbed

EASY PACE

9:15-9:45/mile or easier

Breakeven running guidance

IS THIS PLAN RIGHT FOR YOU?

Best suited to runners who can already run close to 7:15/mile for at least a mile and/or have a current 10k PB under around 50 minutes.



FOLLOW THE PLAN IN THE APP

Scan to get RunningFastr on iPhone

<https://apps.apple.com/gb/app/runningfastr/id6759058880>

<https://www.runningfastr.com/10k-training-plan/45-minute-10k-training-plan/>

Week 1: Set the 10k rhythm

Open the block with easy volume, one race-pace 2km session and a controlled long run.

Monday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Tuesday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Wednesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Thursday

INTERVALS / BREAKTHROUGH

3 x 2km at target 10k pace

Run 3 x 2km at 7:15/mile (4:30/km). Keep the recoveries controlled and avoid sprinting the final rep. | Pace: 7:15/mile | Recovery: 2 min jogged recovery

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 60-75 mins

Build the endurance that lets the 10k pace hold together late in the race. | Note: Gentle, controlled effort

Week 2: Add tempo strength

Use tempo running, a 5k paced effort and 1km intervals to make the target pace feel repeatable.

Monday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Tuesday

TEMPO RUN / BREAKTHROUGH

3 mile tempo

A hard but sustainable tempo effort. Add warm-up and cool-down either side if you have time. | Pace: 7:45/mile | Note: Controlled, not flat-out

Wednesday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Thursday

PACED RUN / BREAKTHROUGH

5k paced run

Run a 5k effort to check your speed reserve and practise holding a strong rhythm under control. | Note: Aim for around 22:30

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

INTERVALS / BREAKTHROUGH

5 x 1km at target 10k pace

Run 5 x 1km at 7:15/mile (4:30/km). Keep the first few reps honest so the last one does not become a survival shuffle. | Pace: 4:30/km | Recovery: 90s jogged recovery

Sunday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Week 3: Specific race-pace practice

Freshen up early in the week, then practise 800m work and finish with another supportive long run.

Monday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Tuesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Wednesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Thursday

INTERVALS / BREAKTHROUGH

5 x 800m at target 10k pace

Run 5 x 800m at 7:15/mile. These should feel sharp but controlled, with form still tidy on the final rep. | Pace: 3:36 per 800m | Recovery: 90s jogged recovery

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 60-75 mins

Build the endurance that lets the 10k pace hold together late in the race. | Note: Gentle, controlled effort

Week 4: Recover and absorb

Reduce load, keep one tempo touchpoint, and let the previous three weeks settle before repeating or sharpening.

Monday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Tuesday

TEMPO RUN / BREAKTHROUGH

3 mile tempo

A controlled tempo effort to keep rhythm without treating recovery week like a secret race week. | Pace: 7:45/mile | Note: Do not force it

Wednesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Thursday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Friday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is here to support the harder 10k work, not to prove fitness. | Pace: 9:15-9:45/mile or easier

Saturday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Sunday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

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Paces and session guide

RACE PACE

7:15/mile

Required pace for a 45:00 10k.

KILOMETRE PACE

4:30/km

Useful for GPS watches, track reps and kilometre markers.

TREADMILL EQUIVALENT

8.2 mph / 13.3 km/h

Use a small amount of rounding rather than chasing impossible decimals.

400M / 800M SPLITS

1:48 / 3:36

Helpful for paced reps and race-rhythm checks.

Breakeven sessions

These maintain fitness, build aerobic support and leave you ready for the harder work.

Easy runs

Keep easy runs around 9:15-9:45/mile or easier. The point is to arrive fresh enough to execute tempo and interval sessions properly.

Long runs

The long run does not need to be longer than 60-75 mins. Keep it gentle and aerobic.

Breakthrough sessions

These are the specific efforts that move you toward the target 10k pace.

Tempo run

Aim around 7:45/mile for the 3-mile tempo effort, with warm-up and cool-down either side when possible.

800m reps

Run reps around 7:15/mile, using 3:36 per 800m as the split guide with 90s jogged recovery.

1km intervals

Run 1km intervals at 4:30/km, using 90s jogged recovery.

2km intervals

Run 2km intervals at 4:30/km, using 2 minutes jogged recovery.

5k time effort

Aim for around 22:30. Treat it as a checkpoint, not a weekly ego trial.

How to use this plan

1. Start with the plan that matches your current 10k fitness, not the dream target you can just about imagine on a good day.

TRAINING PLAN

2. Keep easy and long runs controlled. The quality sessions only work if you recover enough to run them well.
3. Use the fourth week to absorb the block. Repeat the cycle, step up carefully, or sharpen toward race day once the pace feels repeatable.
4. After a few rotations, reduce training for one to two weeks before building again.

YOUR NEXT PB**40 Minute 10k Training Plan**

<https://www.runningfastr.com/10k-training-plan/40-minute-10k-training-plan/>

Free plan. No subscription required. Pick your target, follow the plan, run faster.

Training guidance is general information, not personalised medical advice. Reduce or stop training if pain changes your stride or worsens.