18-Week 10K Training Plan: A Measured Base-to-Speed Build

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/10k/18-week-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Weekly load: 23–35.4 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 50 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 2 — Base
Weekly load: 24–36.8 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 53 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 3 — Base
Weekly load: 25–38.2 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 56 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 4 — Base
Weekly load: 20–30.6 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 50 min long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 5 — Base
Weekly load: 27–41 km
Focus: Build consistency and mechanics; keep easy days easy.
Long: 1h 2m long run (easy + relaxed strides)
Key: Strides + hill sprints
Key: Easy aerobic + strength

Week 6 — Build
Weekly load: 28–42.4 km
Focus: Add threshold work while protecting recovery.
Long: 1h 5m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 7 — Build
Weekly load: 29–43.8 km
Focus: Add threshold work while protecting recovery.
Long: 1h 8m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 8 — Build
Weekly load: 23.2–35 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 9 — Build
Weekly load: 31–46.6 km
Focus: Add threshold work while protecting recovery.
Long: 1h 14m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 10 — Build
Weekly load: 32–48 km
Focus: Add threshold work while protecting recovery.
Long: 1h 17m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 11 — Build
Weekly load: 33–49.4 km
Focus: Add threshold work while protecting recovery.
Long: 1h 20m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Intervals (fast aerobic, controlled)

Week 12 — Build
Weekly load: 26.4–39.5 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h 11m long run (easy; finish steady when recovered)
Key: Tempo / cruise intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 13 — Peak
Weekly load: 35–52.2 km
Focus: Sharpen race-specific speed without racing workouts.
Long: 1h 26m long run (easy; add controlled steady blocks)
Key: 10K-pace reps (controlled)
Key: Speed endurance (controlled)

Week 14 — Peak
Weekly load: 36–53.6 km
Focus: Sharpen race-specific speed without racing workouts.
Long: 1h 29m long run (easy; add controlled steady blocks)
Key: 10K-pace reps (controlled)
Key: Speed endurance (controlled)

Week 15 — Peak
Weekly load: 37–55 km
Focus: Sharpen race-specific speed without racing workouts.
Long: 1h 32m long run (easy; add controlled steady blocks)
Key: 10K-pace reps (controlled)
Key: Speed endurance (controlled)

Week 16 — Peak
Weekly load: 29.6–44 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h 21m long run (easy; add controlled steady blocks)
Key: 10K-pace reps (controlled)
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 17 — Taper
Weekly load: 26.6–39.6 km
Focus: Reduce load; keep rhythm; arrive fresh.
Long: 1h 16m long run (short + relaxed strides)
Key: Short sharpening reps
Key: Easy aerobic + sleep focus

Week 18 — Taper

Weekly load: 18.5–27.5 km
Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.
Long: The race replaces the long run. Keep other runs short, easy and familiar.
Key: Brief familiar race-pace efforts or relaxed strides only if recovered; full easy recovery
Key: Easy running or rest, race logistics and familiar fueling

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.