The plan behind 43:20 → 39:00

The shape of my 10K block, and the prompts I'd use to get your AI to build yours from your own runs.

THE WEEK

1
quality session. Intervals that build over the block.

1
long run, by time, at an easy heart rate.

The rest
genuinely easy runs, as many as your recovery allows.

1–2
rest days. The day before the long run is a good one.

HOW THE QUALITY SESSION BUILDS

1. Faster

Cruise intervals at threshold, the hardest pace you could hold for about an hour.

Mine: 4:20/km in June, 4:10 by August.

2. Longer

Same pace, longer reps, edging towards race pace.

Mine: 4 × 8 min, then 3 × 3 km, then 2 × 5 km, all at 4:00.

3. Rehearse

One long run at race pace, about three weeks out. Plus the odd short, fast session.

Mine: 10K at 3:59, and 6 × 600 m at 3:40.

4. Sharpen

Taper weeks: shorter reps at race pace. Leave feeling fast, not tired.

Mine: 3 × 2 km, 4 × 1 km, 5 × 800 m at 3:55.

THE RULES

Easy means easy

A heart-rate cap set from your own runs, not an age formula. Heart rate wins over pace, so slow down in heat or on hills. Six 20-second strides once a week.

Long run by time

Build it a little at a time at an easy heart rate. Mine grew to 90 minutes, then 70 in the taper. Take carbs from 45 minutes once it passes about 75.

Recovery decides

If your watch records resting heart rate, HRV or sleep, your AI can see a bad night. When they're off, the session gets cut or swapped for easy. Missed runs are never made up.

Taper

About a quarter less running two weeks out, and about 40% less in race week. Keep one short, sharp session. Nothing hard in the last four days.

THE PROMPTS

IF YOU HAVE RUNNING HISTORY

I'm training for a [10K] on [date], aiming for [time]. Look at my runs and recovery data in PB-Runner. Set my easy heart-rate cap and my training paces from my actual runs, not generic tables. Then build a plan: one quality session a week, intervals that get faster and longer towards race pace; one long run by time at an easy heart rate; and the rest genuinely easy runs, as many as my recovery allows. Start from what I run now and build gradually. Show me the first two weeks before scheduling anything.

IF YOU'RE STARTING FROM SCRATCH

I'm training for a [10K] on [date], but there are no runs in PB-Runner yet. Before writing a plan, give me a first week of trial runs to find my level: an easy 30 minutes so you can see my heart rate at a conversational pace, then a 5K or 20-minute best effort a few days later. Set my paces and heart-rate caps from those, then build the plan the same way. (New to running? Ask for easy runs only until 30 minutes feels comfortable.)

EVERY WEEK

Review last week against the plan and my recovery, then plan next week. If my recovery is off, adjust rather than push.

Set it up: pb-runner.com/guide

Works with Claude or ChatGPT. Apple Watch, Garmin or phone.

This is what worked for me, not medical advice. Your AI should start from what you run now, not from my numbers.