

## TRAINING PLAN FOR 10K RACE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TARGET PACE
<b>WEEK 1</b>	REST or RECOVERY RUN	FORM INTERVALS 5wm, 10x [1r/1w], 5co	CORE TRAINING 45min	TEMPO RUN 5k@ target pace	CORE TRAINING 45min	FORM INTERVALS 5wm, 10x [1r/1w], 5co	LONG RUN 10k [LSD] at target pace	09:00
<b>WEEK 2</b>	REST or RECOVERY RUN	FORM INTERVALS 5wm, 10x [1r/1w], 5co	CORE TRAINING 45min	TEMPO RUN 5k@ target pace	CORE TRAINING 45min	FORM INTERVALS 5wm, 10x [1r/1w], 5co	LONG RUN 10k [LSD] at target pace	08:45
<b>WEEK 3</b>	REST or RECOVERY RUN	FORM INTERVALS 5wm, 10x [1r/1w], 5co	CORE TRAINING 45min	TEMPO RUN 5k@ target pace	CORE TRAINING 45min	FORM INTERVALS 5wm, 10x [1r/1w], 5co	LONG RUN 10k [LSD] at target pace	08:30
<b>WEEK 4</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	TEMPO RUN 5k@ target pace	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	08:15
<b>WEEK 5</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	HILL RUN	TEMPO RUN 6k@ target pace	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	08:00
<b>WEEK 6</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	TEMPO RUN 6k@ target pace	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	07:45
<b>WEEK 7</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	HILL RUN	TEMPO RUN 6k@ target pace	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	07:30
<b>WEEK 8</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	TEMPO RUN 6k@ target pace	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	07:15
<b>WEEK 9</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	HILL RUN	TEMPO RUN 7k@ target pace	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	07:00
<b>WEEK 10</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	SPEED INTERVALS 5wm, 7x [2r/1w], 5co	TEMPO RUN 7k@ target pace	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	06:45
<b>WEEK 11</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	HILL RUN	TEMPO RUN 7k@ target pace	SPEED INTERVALS 5wm, 6x [3r/1w], 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	06:30
<b>WEEK 12</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	TEMPO RUN 7k@ target pace	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	06:15
<b>WEEK 13</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	REST	FUN RUN	FUN RUN	REST	<b>5K RACE DAY</b>	06:00
<b>WEEK 14</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	TEMPO RUN 8k@ target pace	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	06:30
<b>WEEK 15</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	TEMPO RUN 10k@ target pace	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	FUN RUN or FORM INTERVALS	LONG RUN 10k [LSD] at target pace	06:15
<b>WEEK 16</b>	REST or RECOVERY RUN	SPEED INTERVALS 5wm, 5x [3r/1w]. 5co	REST	FUN RUN	REST	<b>10K RACE DAY</b>	REST	06:00

**Form Intervals:** posture, lean, lift ankles cadence, gears, arm swing, hip swing, core strength, aerobic capacity, cardiovascular  
pg 131ff, 152f

**Speed Intervals:**  
wm - warm up  
co - cool down  
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**Hill run:** xxx  
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**Tempo run:** Start off at comfortable pace and slowly increase each km over the length of the run so your split time gets smaller. Split average race pace over the distance.  
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**Core Training:** xxx

**Fun run:** xxx  
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**Long run:** xxx