



10K PROGRAMME

RECOVER REPAIR ADAPT

	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	EASY 30MINS RUN	REST	EASY 30MINS RUN	REST	REST	3 KM
2	REST	EASY 30MINS RUN	REST	EASY 30MINS RUN	REST	REST	5 KM
3	REST	EASY 30MINS RUN	REST	INTERVAL SESSION 6 mins EASY 8 mins Continuous: - 20 sec HARD - 40 sec EASY 6 mins EASY	REST	REST	5 KM
4	REST	EASY 40MINS RUN	REST	EASY 30MINS RUN	REST	REST	6 KM
5	REST	EASY 40MINS RUN	REST	INTERVAL SESSION 10 mins EASY 5 Lots of: - 1 min HARD - 1 min EASY 10 mins EASY	REST	REST	7 KM
6	REST	EASY 30MINS RUN	REST	EASY 40MINS RUN	REST	REST	8 KM
7	REST	EASY 40MINS RUN	REST	INTERVAL SESSION 10 mins EASY 8 mins Continuous: - 20 sec HARD - 40 sec EASY 4 mins JOG REPEAT 10 mins EASY JOG	REST	REST	6 KM
8	REST	EASY 30MINS RUN	REST	EASY 20MINS RUN	REST	REST	RACE DAY