

10K IMPROVER

12 WEEK TRAINING PLAN | EVENT DATE: 24 MAY 2020

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	30 minutes of easy running.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	5 x (3 min at your current 10K pace, with 2 min walk/jog between to recover)	REST	20 minutes of easy running.	40 minutes of easy running.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	2 x (8 min at your 10K goal pace, with 5 min walk/jog between to recover.	REST	25 minutes of easy running.	40 minutes of easy running.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	10 min easy jog to warm up, 25 min at a steady pace. Then 10 min easy jog to warm down.	REST	30 minutes of easy running.	45 minutes of easy running.

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	4 x (3 min at your current 5K pace, with a 2.5 min walk/jog between to recover)	REST	30 minutes of easy running.	40 minutes of easy running.

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WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 min run (20 min at a steady pace in the middle. Easy pace for the rest of the run)	REST	25 minutes of easy running.	40 minutes of easy running.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	6 x (2.5 min run alternating each between your current 5K & 10K pace, with a 2 min walk/jog between to recover)	REST	30 minutes of easy running.	50 minutes of easy running.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	10 min easy jog, 8 min at your 10K goal pace, followed by 4 min at your 5K pace.	REST	30 minutes of easy running.	60 minutes of easy running.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running.	REST	30 min of steady running then 5 min hard controlled running.	REST	30 minutes of easy running.	50 minutes of easy running.

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WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	3 x (6 min at current half marathon pace, with a 2 min walk/jog between to recover)	REST	30 minutes of easy running.	45 minutes of easy running.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY GOOD LUCK!