

# 10K IMPROVER

## 12 WEEK TRAINING PLAN

Already capable of running non-stop for 30-40 minutes at an easy pace? Perhaps even completed a 10k (or two)? With this training plan you'll be hot-footing it towards a PB in no time.



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### 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	20 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 (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 race 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.	<b>EVENT DAY</b> GOOD LUCK!