

SAMPLE 10 WEEK 10K PLAN for an advanced runner, training 4 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	6km 6km Easy Run	7km Rolling 500s	Rest	7km Pyramid Intervals	Rest	10km 10km Long Run	Rest
WEEK 2	6km 6km Easy Run	7km Repeating Progressive Run	Rest	9km 800m Repeats	Rest	12km 12km Long Run	Rest
WEEK 3	6km 6km Easy Run	9km Varied Tempo 3kms	Rest	9.5km Mile Up & Overs	Rest	14km 14km Long Run	Rest
WEEK 4	7km 7km Easy Run	9km 1km Repeats	Rest	12km Varied Tempo 2kms	Rest	15km 15km Long Run	Rest
WEEK 5	7km 7km Easy Run	7km Over and Unders 2km	Rest	7km 2km Repeats	Rest	8km 8km Long Run	Rest
WEEK 6	8km 8km Easy Run	9km Tempo 3km Blocks	Rest	11km Broken Miles	Rest	16km 16km Long Run	Rest
WEEK 7	8km 8km Easy Run	11km 200m Tempo Repeats	Rest	11km 200m Repeats	Rest	18km 18km Long Run	Rest
WEEK 8	9km 9km Easy Run	11km Tempo 1200s	Rest	13km Progressive Mile Repeats	Rest	14km 14km Long Run	Rest

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WEEK 9	9km 9km Easy Run	11km Steady Opener into Up & Overs	Rest	11km Drop Set	Rest	10km 10km Long Run	Rest
WEEK 10	7km 7km Easy Run	Rest	8km Taper Up & Overs	Rest	Rest	Rest	10km 10km Race