

SAMPLE 10 WEEK 10K PLAN for a beginner runner, training 3 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	5.2km 800m Repeats	Rest	4km 4km Easy Run	Rest	5km 5km Long Run	Rest
WEEK 2	Rest	5km Steady Tempo 4km	Rest	5km 5km Easy Run	Rest	6km 6km Long Run	Rest
WEEK 3	Rest	7.3km Mile Repeats	Rest	5km 5km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 4	Rest	7km Pyramid Intervals	Rest	5km 5km Easy Run	Rest	8km 8km Long Run	Rest
WEEK 5	Rest	5km Steady Opener Progressive Run	Rest	4km 4km Easy Run	Rest	5km 5km Long Run	Rest
WEEK 6	Rest	7.2km 400s into 200s	Rest	6km 6km Easy Run	Rest	8km 8km Long Run	Rest
WEEK 7	Rest	7.3km Progressive Mile Repeats	Rest	6km 6km Easy Run	Rest	9km 9km Long Run	Rest
WEEK 8	Rest	9km Rolling 500s	Rest	6km 6km Easy Run	Rest	10km 10km Long Run	Rest

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WEEK 9	Rest	8km Extended Kms	Rest	7km 7km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 10	5km 5km Easy Run	Rest	6km Taper Up & Overs	Rest	Rest	Rest	10km 10km Race