



Improve 10k Training Programme

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	35 min easy	Alternate Exercise or Rest	20 min faster run 6 - 10 mins easy as warm-up & cool-down	25 min easy	REST	REST	50 min easy run
2	35 min easy	Alternate Exercise or Rest	25 min easy run	25 min easy	REST	10 x 1 min faster pace & 1 min slow pace 6 - 10 mins easy as warm-up & cool-down	30 min easy run
3	35 min easy	Alternate Exercise or Rest	4 x 6 min @ 10 mile pace 3 min walk / jog rec 6 - 10 mins easy as warm-up & cool-down	25 min easy	REST	20 min faster run 6 - 10 mins easy as warm-up & cool-down	50 min easy run
4	35 min easy	Alternate Exercise or Rest	10 x 1 min @ 3k pace 75 sec walk / jog rec 6 - 10 mins easy as warm-up & cool-down	25 min easy	REST	30 min faster run 6 - 10 mins easy as warm-up & cool-down	60 min easy
5	35 min easy	Alternate Exercise or Rest	7 x 2 min @ 5k pace 90s walk / jog rec 6 - 10 mins easy as warm-up & cool-down	25 min easy	REST	20 min faster run 6 - 10 mins easy as warm-up & cool-down	50 min easy
6	35 min easy	Alternate Exercise or Rest	6 x 3 min @ 10k pace 2 min walk / jog rec 6 - 10 mins easy as warm-up & cool-down	25 min easy	REST	10 x 1 min faster pace & 1min slow pace 6 - 10 mins easy as warm-up & cool-down	50 min easy
7	35 min easy	Alternate Exercise or Rest	10 min @ half m pace straight into 8 min @ 10k pace walk / jog rec 6 - 10 mins easy as warm-up & cool-down	25 min easy	REST	20 min faster run 6 - 10 mins easy as warm-up & cool-down	45 min easy
8	35 min easy	Alternate Exercise or Rest	30 min easy	REST	25 min easy	REST	10k Race