

# 10 WEEKS TO 10K

## IMPROVER'S TRAINING PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
MONDAY	30 mins easy (Total: 30 mins) 	30 mins easy (Total: 30 mins) 	35 mins easy (Total: 35 mins) 	40 mins easy (Total: 40 mins) 	40 mins easy (Total: 40 mins) 	30 mins easy (Total: 30 mins) 	40 mins easy (Total: 40 mins) 	35 mins easy (Total: 35 mins) 	30 mins easy (Total: 30 mins) 	20 mins easy (Total: 20 mins) 
TUESDAY	Jog 5 mins easy, run 30 mins steady, jog 5 mins easy (Total: 40 mins) 	Jog 5 mins, run 5 mins threshold, jog 5 mins easy, run 5 mins threshold, jog 10 mins easy (Total: 30 mins) 	10 mins easy, (3x5 mins threshold with 2 mins jog rec) 10 mins easy (Total: 41 mins) 	Jog 5 mins, run 15 mins threshold, jog 10 mins (Total: 30 mins) 	Run 10 mins easy, run 10 mins steady, run 10 mins threshold, run 10 mins easy, run 10 mins threshold, run 10 mins easy (Total: 60 mins) 	10 mins easy, (5x1k at target 10k race pace with 2 mins walk/jog recovery) 10 mins easy 	10 mins easy, (6x1k at target 10k race pace with 2 mins walk/jog recovery) 10 mins easy 	10 mins easy, (3x2k at target 10k race pace with 3 mins walk/jog recovery) 10 mins easy 	10 mins easy, (5x1k at target 10k race pace with 1 min walk/jog recovery) x 2, 10 mins easy 	Run 30 mins easy (Total: 30 mins) 
WEDNESDAY	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 	10 mins easy (3 x 3 mins threshold, 2 mins walk/jog rec) 10 mins easy (Total: 35 mins) 
THURSDAY	Run 45 mins steady (Total: 45 mins) 	Run 45 mins easy (Total: 45 mins) 	15 mins easy, (5x2 mins threshold, 1 min easy jog rec) 15 mins easy (Total: 45 mins) 	15 mins easy, (4x5 mins threshold, with 2 mins jog rec) 15 mins easy (Total: 58 mins) 	Run 45 mins steady run (Total: 45 mins) 	Run 50 mins steady run (Total: 50 mins) 	10 mins easy, 30 mins threshold, 10 mins easy (Total: 50 mins) 	10 mins easy (8x2 mins threshold with 2 mins jog/walk recovery) 10 mins easy (Total: 52 mins) 	Run 30 mins easy (Total: 30 mins) 	REST 
FRIDAY	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 	20 mins easy run (Total: 20 mins) 
SATURDAY	Run 60 mins easy (Total: 60 mins) 	Run 65 mins easy (Total: 70 mins) 	Run 70 mins easy (Total: 70 mins) 	Run 70 mins easy (Total: 70 mins) 	Run 80 mins easy (Total: 80 mins) 	Run 80 mins easy or run a 5k time trial (Total: 80 mins) 	Run 10 mins easy, 50 mins steady, 10 mins easy (Total: 70 mins) 	Run 70 mins easy (Total: 70 mins) 	Run 50 mins easy (Total: 50 mins) 	REST 
SUNDAY	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 	REST 

RACE DAY. GOOD LUCK IN THE VITALITY LONDON 10,000!