

10-WEEK 10KM TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 MAR ☐	X-Train 45mins	Fartlek 40mins	Rest	Easy 40mins	Rest	Rest	Easy 50mins <i>Practice nutrition/hydration</i>
2 APR ☐	X-Train or Rest if you raced Recovery week	Easy 45mins	Rest	Total 45mins Incl 6 x 30sec race pace efforts 30sec jog recovery	Rest	Easy 30mins	Easy 60mins
3 APR 1 ☐	X-Train 45mins	Undulating 50mins	Rest	Total 50mins Incl 25mins out and back -ve split	Rest	Rest	Easy 70mins Walk/jog if required <i>Practice race day outfit</i>
4 APR ☐	X-Train 45-60mins	Tempo 60mins	Rest	Total 40mins Incl 3 x 2min hills/jog recovery	Rest	Easy 30mins	Easy 60mins or 5km race + 15mins warm up and cool down
5 APR 2 ☐	X-Train 45-60mins	Fartlek 60mins	Rest	Easy 45mins	Rest	Rest	Easy 80mins Walk/jog if required <i>Test race day shoes + clothing</i>
6 MAY ☐	X-Train 45-60mins Recovery week	Easy 60mins	Rest	Total 50mins 25mins out and back -ve split	Rest	Easy 30mins	Easy 90mins
7 MAY 1 ☐	X-Train 45-60mins	Undulating 60mins	Rest	Easy 40mins	Rest	Rest	Easy 80mins Walk/jog if required <i>Test race day everything</i>
8 MAY 1 ☐	X-Train 45-60mins	Fartlek 60mins	Rest	Total 45mins Incl 6 x 60sec race pace efforts 60sec jog recovery	Rest	Total 30mins 15mins out and back -ve split	Easy 60mins
9 MAY 2 ☐	Rest	Flat 50mins	Rest	Total 50mins Incl 4 x 2min hills/jog recovery	Rest	Rest	Easy 45mins
10 0 ☐ 1	Rest Recovery week	Easy 40mins	Rest	Total 30mins Incl 4 x 30sec above race pace efforts	Rest	Easy 10-15mins	RACE DAY