

# 10km Program

Each session to start with 1 mile warm up and finish with 1 mile cool down + stretches

Mon	Tue	Wed	Thur	Fri	Sat	Sun
REST	3 - 4 m EASY, 8 x 200m 6 x 100m s	REST	3 - 4m EASY + HILLS, 10 x 20sec, 6 x 100m s	REST	4m EASY	6m easy
REST	2 x 1200m, 2 x 800m, 4 x 400m pi, 6 x 100m s	4 - 6m	2 x 800m, 4 x 400m, 4 x 200m si,	3m jog! Or 3 - 4m easy	REST	8m steady
REST OR 3-4m EASY	2 x 1200m, 1 x 800m, 1 x 400m, 1 x 200m, 6 x 100m strides	REST	TIME TRIAL 4m! Beat your last time!	REST	5m Easy	8m steady
REST OR 3-4M EASY	2 x 1m pi, 1200m, 1 x 800m, 1 x 400m si, + 6 x 100m s	4 - 6m	4 x 200m si, + 4m Fartlek, 4 x 100m s	REST or 3 - 4m miles easy	5 - 7 m steady	8 - 10m easy
REST OR 3-4M EASY	2 x 1200m, 1 x 800m, 1 x 400m, 200 si, 6 x 100m s	4 - 6m	5 - 7m Fartlek, 6 x 100m s	REST or 3 - 4m miles easy	5-7m steady + 100m s x 6	8 - 10m easy
REST	2 x 400m, 1 x 800m, 1 x 200m si, 6 x 100m s	4 - 6 m	6 - 8m steady	REST or 3 - 4m	5-7 miles + 100m x 6 s	6m easy
REST	1 x 1200m, 800m, 400m x 2 si, + 400m s	REST	4 x 200m si, 4 x 100m si, 4 x 200m si, 4 x 100m s	REST or 3 - 4m miles easy	3m easy + 3 x 100m s	<b>10km race</b>

**NOTES: RUNNING WITH STYLE (head up, shoulders down).**

Easy = gentle pace

Si = Speed intervals (fast as possible - but consistent!)

S = Strides,

PI = Pace Intervals ( target race pace, or just faster)

RECOVERY = 200m = 30secs, 400m = 1min, 800m = 2 min, 1200m = 3min, 1m = 4min