

YOUR 12 WEEK 10KM TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	EASY RUN / WALK 1km walk 2 - 4km run	OFF OR CROSS TRAIN ex: bike, swim, yoga	SPEED TRAIN 2 x 600m 1 km cool down	EASY RUN 3km	OFF OR CROSS TRAIN ex: 15 mins core exercises	LONG RUN 6km	REST DAY
WEEK 2	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN ex: 15 mins core exercises	TEMPO TRAIN Warm-up 3km - 2km jog	EASY RUN 3km	OFF OR CROSS TRAIN ex: bike, swim, yoga	LONG RUN 7km	REST DAY
WEEK 3	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN ex: body weight strength work	TEMPO TRAIN Warm-up 4km - 2km jog	EASY RUN 3km	OFF OR CROSS TRAIN ex: swim or easy spin	LONG RUN 9km	REST DAY
WEEK 4	EASY RUN 4 - 5km run	OFF OR CROSS TRAIN ex: 15 mins core exercises	EASY RUN 5km	EASY RUN 5km	OFF OR CROSS TRAIN yoga	LONG RUN 6km	REST DAY
WEEK 5	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN ex: swim or easy spin	SPEED TRAIN 5 X 2mins ON + 2mins OFF (ON + 10km max effort OFF + jog)	EASY RUN 3km	OFF OR CROSS TRAIN ex: body weight strength work	LONG RUN 7km	REST DAY
WEEK 6	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN yoga	TEMPO TRAIN Warm-up 4km - 2km jog	EASY RUN 3km	OFF OR CROSS TRAIN swim	LONG RUN 6km	REST DAY



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WEEK 7	EASY RUN 5km	OFF OR CROSS TRAIN ex: bike, swim, yoga	TEMPO TRAIN Warm-up 5km - 3km jog	EASY RUN 3km	OFF OR CROSS TRAIN ex: 15 mins core exercises	LONG RUN 6km	REST DAY
WEEK 8	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN ex: 15 mins core exercises	EASY RUN 5km	EASY RUN 3km	OFF OR CROSS TRAIN ex: bike, swim, yoga	LONG RUN 9km	REST DAY
WEEK 9	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN ex: body weight strength work	SPEED TRAIN - 6 x 600m (10km pace + 90 sec rest) 400m cool down	EASY RUN 3km	OFF OR CROSS TRAIN ex: swim or easy spin	LONG RUN 9-10km	REST DAY
WEEK 10	EASY RUN 4 - 5km run	OFF OR CROSS TRAIN ex: 15 mins core exercises	TEMPO TRAIN Warm-up 6km - 3km jog / cool down	EASY RUN 5km	OFF OR CROSS TRAIN yoga	LONG RUN 8km	REST DAY
WEEK 11	EASY RUN 2 - 4km run	OFF OR CROSS TRAIN ex: swim or easy spin	TEMPO TRAIN Warm-up 7km - 1km jog / cool down	EASY RUN 3km	OFF OR CROSS TRAIN ex: body weight strength work	LONG RUN 6km	REST DAY
WEEK 12	REST	OFF OR CROSS TRAIN yoga	EASY RUN 3km	SPEED TRAIN 2 x 800 - 90 secs rest 400 jog / cool down	OFF OR CROSS TRAIN swim or yoga	REST DAY	RACE DAY

