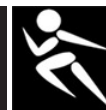


10k Novice Training Plan

irishrunning.ie



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Stretch & strength	2.5 m run	30 min cross	2.0 m run + strength	Rest	40 min cross	3 m run
2	Stretch & strength	2.5 m run	30 min cross	2.0 m run + strength	Rest	40 min cross	3.5 m run
3	Stretch & strength	2.5 m run	35 min cross	2.0 m run + strength	Rest	50 min cross	4 m run
4	Stretch & strength	3 m run	35 min cross	2.0 m run + strength	Rest	50 min cross	4 m run
5	Stretch & strength	3 m run	40 min cross	2.0 m run + strength	Rest	60 min cross	4.5 m run
6	Stretch & strength	3 m run	40 min cross	2.0 m run + strength	Rest	60 min cross	5 m run
7	Stretch & strength	3 m run	45 min cross	2.0 m run + strength	Rest	60 min cross	5.5 m run
8	Stretch & strength	3 m run	30 min cross	2.0 m run + strength	Rest	Rest	10K Race