

My Training plan

10 KM - 8 Weeks

Week 1:

Monday - 45 minutes easy run
Tuesday - 45 minutes easy run
Wednesday - 4 x 800m intervals with 400m recovery jog
Thursday - 45 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 75 minutes long run

Week 2:

Monday - 45 minutes easy run
Tuesday - 45 minutes easy run
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down
Thursday - 45 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 75 minutes long run

Week 3:

Monday - 45 minutes easy run
Tuesday - 45 minutes easy run
Wednesday - 4 x 800m intervals with 400m recovery jog
Thursday - 45 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 75 minutes long run

Week 4:

Monday - 30 minutes easy run
Tuesday - 30 minutes easy run
Wednesday - Rest
Thursday - 30 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 60 minutes easy run

Week 5:

Monday - 45 minutes easy run
Tuesday - 45 minutes easy run
Wednesday - 4 x 800m intervals with 400m recovery jog
Thursday - 45 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 75 minutes long run

Week 6:

Monday - 45 minutes easy run

Tuesday - 45 minutes easy run

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 75 minutes long run

Week 7:

Monday - 45 minutes easy run

Tuesday - 45 minutes easy run

Wednesday - 4 x 800m intervals with 400m recovery jog

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 75 minutes long run

Week 8:

Monday - 30 minutes easy run

Tuesday - 30 minutes easy run

Wednesday - Rest

Thursday - 30 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 60 minutes easy run