

# My Training plan

## 10 KM - 20 Weeks

### **Week 1:**

Monday - 45 minutes easy run  
Tuesday - Rest  
Wednesday - 4 x 800m intervals with 400m recovery jog  
Thursday - 45 minutes easy run  
Friday - Rest  
Saturday - Rest  
Sunday - 60 minutes long run

### **Week 2:**

Monday - 45 minutes easy run  
Tuesday - Rest  
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down  
Thursday - 45 minutes easy run  
Friday - Rest  
Saturday - Rest  
Sunday - 65 minutes long run

### **Week 3:**

Monday - 45 minutes easy run  
Tuesday - Rest  
Wednesday - 4 x 800m intervals with 400m recovery jog  
Thursday - 45 minutes easy run  
Friday - Rest  
Saturday - Rest  
Sunday - 70 minutes long run

### **Week 4:**

Monday - 30 minutes easy run  
Tuesday - Rest  
Wednesday - 30 minutes easy run  
Thursday - Rest  
Friday - Rest  
Saturday - Rest  
Sunday - 45 minutes easy run

### **Week 5:**

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

### **Week 6:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 65 minutes long run

**Week 7:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 70 minutes long run

**Week 8:**

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 30 minutes easy run

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - 45 minutes easy run

**Week 9:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 75 minutes long run

**Week 10:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 65 minutes long run

**Week 11:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 70 minutes long run

**Week 12:**

Monday - 30 minutes easy run  
Tuesday - Rest  
Wednesday - 30 minutes easy run  
Thursday - Rest  
Friday - Rest  
Saturday - Rest  
Sunday - 45 minutes easy run

**Week 13:**

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

**Week 14:**

Monday - 45 minutes easy run  
Tuesday - Rest  
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down  
Thursday - 45 minutes easy run  
Friday - Rest  
Saturday - Rest  
Sunday - 65 minutes long run

**Week 15:**

Monday - 45 minutes easy run  
Tuesday - Rest  
Wednesday - 4 x 800m intervals with 400m recovery jog  
Thursday - 45 minutes easy run  
Friday - Rest  
Saturday - Rest  
Sunday - 70 minutes long run

**Week 16:**

Monday - 30 minutes easy run  
Tuesday - Rest  
Wednesday - 30 minutes easy run  
Thursday - Rest  
Friday - Rest  
Saturday - Rest  
Sunday - 45 minutes easy run

**Week 17:**

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

**Week 18:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 65 minutes long run

**Week 19:**

Monday - 45 minutes easy run

Tuesday - Rest

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

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 70 minutes long run

**Week 20:**

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 30 minutes easy run

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - 45 minutes easy run