

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 1000m 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 1000m 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 1000m 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 1000m 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 1000m 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