My Training plan

10 KM - 12 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 - 45 minutes easy run
Saturday - Rest
Sunday - 60 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 - 45 minutes easy run
Saturday - Rest
Sunday - 65 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 - 45 minutes easy run
Saturday - Rest
Sunday - 70 minutes long run

Week 4:
Monday - 30 minutes easy run
Tuesday - 30 minutes easy run
Wednesday - 30 minutes easy run
Thursday - 30 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 45 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 - 45 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 - 45 minutes easy run
Saturday - Rest
Sunday - 65 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 - 45 minutes easy run
Saturday - Rest
Sunday - 70 minutes long run

Week 8:
Monday - 30 minutes easy run
Tuesday - 30 minutes easy run
Wednesday - 30 minutes easy run
Thursday - 30 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 45 minutes easy run

Week 9:
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 - 45 minutes easy run
Saturday - Rest
Sunday - 75 minutes long run

Week 10:
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 - 45 minutes easy run
Saturday - Rest
Sunday - 65 minutes long run

Week 11:
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 - 45 minutes easy run
Saturday - Rest
Sunday - 70 minutes long run

Week 12:

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