

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wk1	REST	Warm Up 10min easy running. 4 x 2min @ 6-6.10min/k pace with 3min walk/jog recovery Warm down 10min easy running	REST	25min easy running with the last 5mins @6.30min/k pace.	REST	3-5k easy running	REST
Wk2	REST	Warm Up 10min easy running. 4 x 3min @ 6-6.10min/k pace with 3-4min walk/jog recovery Warm down 10min easy running	REST	30min easy running with the last 10mins @6.20min/k pace.	REST	5-7k easy running	REST
Wk3	REST	Warm Up 10min easy running. 10 x 1min @ 6min/k pace with 1-2min walk/jog recovery Warm down 10min easy running	REST	Warm Up 10min easy running. 3 x 5min @6.10-20min/k (2-3min jog recovery) Warm down 5-10min easy.	REST	5-7k easy running	REST
Wk4	REST	Warm Up 10min easy running. 6 x 2min @ 6-6.10min/k pace with 3min walk/jog recovery Warm down 10min easy running	REST	Warm Up 10min easy running. 4 x 6min @6.00-6.10min/k (2-3min jog recovery) warm down 5-10min easy.	REST	7-8k easy running	REST
Wk5	REST	Warm Up 10min easy running.5 x 3min @ 6-6.10min/k pace with 3-4min walk/jog recovery Warm down 10min easy running	REST	Warm Up 10min easy running. 20mins effort @6.00- 6.05min/k. Warm down 5-10min easy.	REST	8-10k easy running	REST
Wk6	REST	Warm Up 10min easy running. 12 x 1min @ 6min/k pace with 1-2min walk/jog recovery Warm down 10min easy running	REST	8k Progression run: 2k@6.30 2k@6.20 2k@6.10 2k@6.00pace	REST	10-12k easy running	REST
Wk7	REST	Warm Up 10min easy running. 6 x 2min @ 5.45-50min/k pace with 3min walk/jog recovery Warm down 10min easy running	REST	Warm Up 10min easy running. 4 x 8min @6.00min/k (2-3min jog recovery) warm down 5-10min easy.	REST	12-14k easy running	REST
Wk8	REST	Warm Up 10min easy running.5 x 3min @ 5.50min/k pace with 3-4min walk/jog recovery Warm down 10min easy running	REST	8k Progression run: 2k@6.25 2k@6.15 2k@6.05-10 2k@6.00pace	REST	14-15k easy running	REST
Wk9	REST	Warm Up 10min easy running. 12 x 1min @ 5.30-40min/k pace with 1-2min walk/jog recovery Warm down 10min easy running	REST	Warm Up 10min easy running. 30mins effort @6.00- 6.05min/k. Warm down 5-10min easy.	REST	12-14k easy running	REST
Wk10	REST	Warm Up 10min easy running. 6 x 2min @ 5.40-45min/k pace with 3min walk/jog recovery Warm down 10min easy running	REST	8k run: 6k easy then last 2k @6.30pace	REST	Very easy 20-30min run	RACE

10k Target Pace: 6min/k