

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wk1	Easy 40-45min run	Warm Up 15min easy running + strides 8 x 400m @88-90s (90s recovery) Warm down 10-15min easy running	40-45min recovery run. Run as you feel so no checking pace!	5-6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 8 x 150m hills sprints (jog back recovery)	REST	Warm-Up 15min 3 x 10min @ 7-7.10min/mile pace Warm down 10min	75min easy running off road
Wk2	Easy 40-45min run	Warm up 15min 6 x 800m@ 3.10-15 (2min recovery) Warm down 10min	45min recovery run. Run as you feel	5-6 miles steady pace eg 7.30-40pace	REST	Warm-Up 15min 2 x 15min @ 7-7.10min/mile pace Warm down 10min	75-80min easy running off road
Wk3	Easy 45min run	Warm-Up 15min 5 x 1k @4.05-10 (2-3min recovery) Warm down	45min recovery run. Run as you feel	5-6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 8 x 150m hills sprints (jog back recovery)	REST	Warm-up 15min 8k continuous alternating between 1k@ 4.15-20/1k@4.50 Warm down	75-80min easy running off road
Wk4	Easy 45-50min run	Warm Up 15min easy running + strides 2 sets of 6 x 400m @87-90s (90s recovery) 3 4min btw sets. Warm down 10-15min	45-50min recovery run. Run as you feel	5-6 miles steady pace eg 7.30-40pace	REST	Warm-Up 15min 6 mile continuous @ 7.10 pace Warm down 10min	80-90mins easy/ relaxed off road on trails
Wk5	Easy 45-50min run	Warm up 15min 8 x 800m@ 3.10-15 (2min recovery) Warm down 10min	45-50min recovery run. Run as you feel	6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 8 x 150m hills sprints (jog back recovery)	REST	Warm-Up 15min 3 x 10min @ 7-7.05min/mile pace Warm down 10min	Up to 90mins easy off road on trails
Wk6	Easy 45-50min run	Warm-Up 15min 6 x 1k @4.05-10 (2-3min recovery) Warm down	50-60min recovery run. Run as you feel	6 miles steady pace eg 7.25-35 pace	REST	Warm-up 15min 8k continuous alternating between 1k@ 4.15/1k@4.45-50 Warm down	Long run: 10-12miles easy/ relaxed off road/undulating trails
Wk7	Easy 45-50min run	Warm Up 15min easy running + strides 2 sets of 8 x 400m @86-88s (90s recovery) 3 4min btw sets. Warm down 10-15min	50-60min recovery run. Run as you feel	6 miles with the last 2 miles @ 7.20 pace. (2-3min rest) 10 x 150m hills sprints (jog back recovery)	REST	Warm-Up 15min 2 x 15min @ 6.45-50min/mile pace Warm down 10min	Long run: 12-13miles easy relaxed off road/undulating trails
Wk8	Easy 45-50min run	Warm up 15min 8 x 800m@ 3.10-12 (2min recovery) Warm down 10min	50-60min recovery run. Run as you feel	7-8 miles steady pace eg 7.20-30pace	REST	Warm-Up 15min 3 x 10min @ 6.35-40min/mile pace Warm down 10min	Long run: 12miles easy relaxed off road/undulating trails
Wk9	Easy 45-50min run	Warm-Up 15min 5 x 1200m @4.50-55 (3min recovery) Warm down	45min recovery run. Run as you feel	6 miles steady pace eg 7.20-30pace	REST	Warm-Up 15min 6 mile continuous @ 6.45-55 pace Warm down 10min	Long run: 9-10 miles easy relaxed off road
Wk10	Rest or easy 40min run	Warm Up 15min 4 x 1k @ 4min pace (2-3min recovery) 4 x 400m@85-90s (2min recovery)	Up to 40-45mins easy recovery run	Pre- Race: Up to 5miles of running wth last 2miles@7.10-20 pace/mile. (2-3min recovery) 4 x 45s hard (90s	REST	Very easy 25-30min run	RACE

**Target Pace: 40min 10k**

**Strides:** these are not full out sprints but controlled focussing on good running

\*Monday is another optional rest day.