

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wk1	REST	Warm Up 10min easy running. 8 x 75s @5min/k pace (1min recovery) Warm down 10min easy running.	30min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace	REST	Warm-Up 15min 4 x 5min @ 5-5.10/k pace (2-3min recovery btw efforts) Warm down 10min	10k easy running
Wk2	REST	Warm Up 10min easy running. 6 x 2min @5-5.10min/k pace (90s recovery) Warm down 10min easy running.	30min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace	REST	Warm-Up 15min 2 x 10min @ 5.10-20/k pace (3-4min recovery btw efforts) Warm down 10min	10-12k easy running
Wk3	REST	Warm Up 10min easy running. 5 x 3min @5-5.10min/k pace (90s recovery) Warm down 10min easy running.	35min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace. Finish with 6 x 100m hills sprints with walk/jog back recovery.	REST	Warm-Up 15min, 20min @ 5.15-25/k pace. Warm down 10min	12-14k easy running
Wk4	REST	Warm Up 10min easy running. 10-12 x 90s @4.45-50min/k pace (2min recovery) Warm down 10min easy running.	35-40min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace. Finish with 6 x 100m hills sprints with walk/jog back recovery.	REST	Warm-Up 15min 4 x 5min @ 5-5.05/k pace (2-3min recovery btw efforts) Warm down 10min	12-14k easy running
Wk5	REST	Warm Up 10min easy running. 6 x 3min @4.50-5min/k pace (2min recovery) Warm down 10min easy running.	35-40min easy recovery run.	6k run: 2k@ 6min/k pace, 2k @ 6.45 2k @ 5.30min/k pace.	REST	Warm-Up 15min 3 x 10min @ 5.10-15/k pace (3-4min recovery btw efforts) Warm down 10min	14-15k easy running
Wk6	REST	Warm Up 10min easy running. 5 x 4min @4.50-5min/k pace (2min recovery) Warm down 10min easy running.	40-45min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace. Finish with 6 x 100m hills sprints with walk/jog back recovery.	REST	Warm-Up 15min, 25min @ 5.10-20/k pace. Warm down 10min	14-15k easy running
Wk7	REST	Warm Up 10min easy running. 10-12 x 90s @4.35-40min/k pace (2min recovery) Warm down 10min easy running.	40-45min easy recovery run.	6k run: 2k@ 6min/k pace, 2k @ 6.45 2k @ 5.30min/k pace.	REST	Warm-Up 15min 4 x 5min @ 5/k pace (2-3min recovery btw efforts) Warm down 10min	15-16k easy running
Wk8	REST	Warm Up 10min easy running. 6 x 3min @4.40-45min/k pace (2min recovery) Warm down 10min easy running.	40-45min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace. Finish with 6 x 100m hills sprints with walk/jog back recovery.	REST	Warm-Up 15min 3 x 10min @ 5-5.05/k pace (3-4min recovery btw efforts) Warm down 10min	16-17k easy running
Wk9	REST	Warm Up 10min easy running. 10-12 x 90s @4.30-40min/k pace (2min recovery) Warm down 10min easy running.	35-40min easy recovery run.	6k run: 2k@ 6min/k pace, 2k @ 6.45 2k @ 5.30min/k pace.	REST	Warm-Up 15min, 25min @ 5min/k pace Warm down 10min	12k easy running
Wk10	REST	Warm Up 10min easy running. 6 x 2min @4.35-40min/k pace (90s recovery) Warm down 10min easy running.	30-35min easy recovery run.	6k run start easy then pick up the last 2k to 5.30-45min/k pace	REST	Very easy 20min run	RACE

10k Target Pace: 5min/k

Wednesday is also an optional rest day.