

# 5 Week 10K Training Plan

| Day       | Week 1               | Week 2                                   | Week 3                                    | Week 4                                    | Week 5                                    |
|-----------|----------------------|--|---|---|---|
| Monday    | 50 min run           | Weights                                  | Day off                                   | Day off                                   | 30 Min Run                                |
| Tuesday   | Weights              | 8 X 200M sprints @ 55 sec 1 min recovery | 8 X 200M sprints @ 55 Sec 45 sec recovery | 1 hr run                                  | Weights                                   |
| Wednesday | Day off              | Day off                                  | Weights                                   | Weights                                   | 4 X 200M sprints @ 55 Sec 45 sec recovery |
| Thursday  | 40 min run           | 1 hr run                                 | Day Off                                   | 8 X 200M sprints @ 53 Sec 45 sec recovery | Day Off                                   |
| Friday    | 6 X 200M Hills timed | 6 X 200M Hills timed                     | 1 hr run                                  | Day Off                                   | 15 Min Run                                |
| Saturday  | Day off              | Day off                                  | Weights                                   | 8 X 200M Hills timed                      | Day Off                                   |
| Sunday    | 55 min run           | 40 min run                               | 8 X 200M Hills timed                      | Weights                                   | RACE DAY                                  |