



10KM RUNNING PLAN

REBECCA

WEEK 1

MON

RECOVERY RUN
4KM

TUE

1MIN HARD/45SEC
RECOVERY X6
45SEC HARD/45SEC
RECOVERY X8
30SEC HARD/30SEC
RECOVERY X6
20SEC HARD/20SEC
RECOVERY X8

WED

REST

THU

8X500M/
2MIN REST
BETWEEN SETS

FRI

REST

SAT

REST

SUN

5KM RUN

WEEK 2

RECOVERY RUN
4KM

8X500M/
2MIN REST
BETWEEN SETS

REST

1X1KM/3MIN
REST
2X800M/3MIN
REST
5X400M/2MIN
REST
3X200M/1MIN
REST

REST

REST

6KM RUN

WEEK 3

RECOVERY RUN
4KM

MONA FARTLEK:
30SEC
ON/30SEC OFF
60SEC
ON/60SEC OFF
90SEC ON
/90SEC OFF
FOR 6KM

REST

LADDER:
1MIN HARD /1MIN
EASY
2MIN HARD /1MIN
EASY
4MIN HARD /1MIN
EASY
8MIN HARD /1MIN
EASY
(REPEAT WORKING
BACK TO 1MIN)

REST

REST

7KM RUN

WEEK 4

RECOVERY RUN
5KM

1KM REPS:
6X1KM/
3MINS REST
BETWEEN SETS

REST

10X500M/
2MIN REST
BETWEEN SETS
= 5KM

REST

REST

8KM RUN

**Disclaimer: you must have been running a minimum of 2x per week for the past month and completed 5km before beginning this program. If you don't fall into this category and would like a more bespoke program, book in to see Jess!*



10KM RUNNING PLAN

NOVEMBER

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	RECOVERY RUN 5KM	4MIN RUN/ 1MIN EASY X6	REST	10X500M / 2MINS REST BETWEEN SETS = 5KM	REST	REST	9M RUN
WEEK 6	RECOVERY RUN 5KM	REST	4KM JOG	REST	REST	10KM RACE	



**Disclaimer: you must have be running a minimum of 2x per week for the past month and completed 5km before beginning this program*