

12-WEEK 10K TRAINING PLAN

Name _____

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(200 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 10x(1' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 4 km Z2
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(300 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 10x(1' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 5 km Z2
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(400 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 10x(1' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 6 km Z2
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(400 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 10x(1' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 6 km Z2

Info

These colours show the type of sessions of the training plan for visual guidance

Training zones

	REST
	EASY RUNNING
	STRENGTH TRAINING

	FARTLEK RUNNING
	INTERVAL RUNNING
	LONG RUN

Z1	Z2	Z3	Z4	Z5
50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR



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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(500 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(1.5' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 6 km Z2
WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(500 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(1.5' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 7 km Z2
WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(500 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(1.5' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 7 km Z2
WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(500 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(1.5' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 8 km Z2

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Training zones

	REST		FARTLEK RUNNING	Z1	Z2	Z3	Z4	Z5
	EASY RUNNING		INTERVAL RUNNING	50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR
	STRENGTH TRAINING		LONG RUN					



12-WEEK 10K TRAINING PLAN V

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WEEK 9	MONDAY STRENGTH TRAINING Strength workout 	TUESDAY REST DAY Rest and Relax	WEDNESDAY INTERVAL RUNNING Warm up: 1 km 4x(500 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	THURSDAY STRENGTH TRAINING Strength workout 	FRIDAY FARTLEK RUNNING Warm up: 1 km 8x(1.5' Z4 + 1' Z2) Cool down: 1 km	SATURDAY REST DAY Rest and Relax	SUNDAY LONG RUN Total: 9 km Z2
	MONDAY STRENGTH TRAINING Strength workout 	TUESDAY REST DAY Rest and Relax	WEDNESDAY INTERVAL RUNNING Warm up: 1 km 4x(300 m Z4 300 m Z1) 4x(100 m Z4 100 m Z1) Cool down: 1 km 	THURSDAY STRENGTH TRAINING Strength workout 	FRIDAY FARTLEK RUNNING Warm up: 1 km 6x(1.5' Z4 + 1' Z2) Cool down: 1 km	SATURDAY REST DAY Rest and Relax	SUNDAY LONG RUN Total: 9 km Z2
	MONDAY STRENGTH TRAINING Strength workout 	TUESDAY REST DAY Rest and Relax	WEDNESDAY EASY RUNNING Total: 4 km Z1 - Z2 	THURSDAY STRENGTH TRAINING Strength workout 	FRIDAY EASY RUNNING Total: 4 km Z1 - Z2	SATURDAY REST DAY Rest and Relax	SUNDAY LONG RUN Total: 7 km Z2
	MONDAY STRENGTH TRAINING Strength workout 	TUESDAY REST DAY Rest and Relax	WEDNESDAY EASY RUNNING Total: 4 km 	THURSDAY STRENGTH TRAINING Strength workout 	FRIDAY REST DAY Rest and Relax	SATURDAY ACTIVATION RUN Total: 4 km Z1	SUNDAY RACE DAY HAVE FUN AND GOOD LUCK!!

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Training zones

	REST		FARTLEK RUNNING	Z1	Z2	Z3	Z4	Z5
	EASY RUNNING		INTERVAL RUNNING	50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR
	STRENGTH TRAINING		LONG RUN					

