

EIGHT-WEEK 10 KM TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Core & Stretch	30 to 45 min hilly run	Optional	4 to 6 hill repeats	Easy 30 min	Core & Stretch	¾ to 1 hour LSD
2	Core & Stretch	45 min FORM	Optional	6 to 8 hill repeats	Easy 30 min	Core & Stretch	1 to 1 ¼ hour LSD
3	Core & Stretch	45 min hilly run	Optional	4 x 800 m repeats at 5 km pace, rest 60 sec.	Easy 30 min	Core & Stretch	1 hour LSD
4	Core & Stretch	45 min FORM	Optional	4 x 800 m repeats at 5 km pace, rest 60 sec	Easy 30 min	Core & Stretch	5 km trial or 1 to 1 ½ hour LSD
5	Core & Stretch	15 min Tempo run	Optional	10 X 400 m repeats rest 30 sec	Easy 30 min	Core & Stretch	1 hour LSD
6	Core & Stretch	45 min FORM	Optional	6 x 800 m repeats at 5 km pace, rest 60 sec	Easy 30 min	Core & Stretch	1 to 1 ½ hour LSD
7	Core & Stretch	45 min hilly run	Optional	12 x 400 m repeats rest 30 sec	Easy 30 min	Core & Stretch	1 hour LSD
8	Core & Stretch	30 min FORM	Optional	4 x 400 m repeats at 5 km pace, rest 90 sec	Easy 30 min	Core & Stretch	10 KM RACE 🏁

