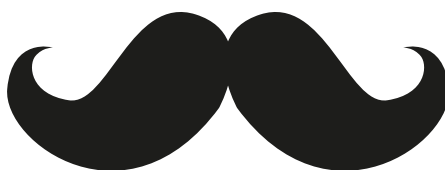


# THE MEN'S RUNNING 10K RUNNING PLAN



08 WEEKS TO GO	
MONDAY	REST
TUESDAY	10MINS EASY RUN: SPEED WORK 6X75 SECONDS (2MINS RECOVERY) 10MINS EASY
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	JOG 10MINS, 6X3MINS THRESHOLD (2MINS REC) JOG 10MINS EASY
FRIDAY	REST
SATURDAY	RUN 5MINS EASY, 30MINS AT 'TEMPO' PACE. 10MINS EASY RUN
SUNDAY	1 HOUR 10 MINS EASY PROGRESSING TO STEADY RUN FOR THE FINAL 30MINS

07 WEEKS TO GO:	
MONDAY	REST
TUESDAY	RUN 10MINS EASY, 6X4MINS THRESHOLD. JOG 10MINS EASY.
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	RUN 50MINS STEADY
FRIDAY	REST
SATURDAY	RUN 10 MINS EASY, 3X7MINS THRESHOLD (3MINS REC). 10MINS EASY
SUNDAY	1 HOUR 20MINS EASY

06 WEEKS TO GO:	
MONDAY	REST
TUESDAY	50MINS EASY
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	50MINS STEADY
FRIDAY	REST
SATURDAY	30MINS EASY OR PARKRUN AND SWAP FOR SUNDAY.
SUNDAY	5K RACE OR 10MINS EASY - 5MIN STEADY-5MINS THRESHOLD - 5MINS 10K RACE PACE. 10MINS EASY.

05 WEEKS TO GO:	
MONDAY	REST
TUESDAY	RUN 10MINS EASY, 4X1K AT 10K RACE PACE (2MIN REC) 10MINS EASY
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	RUN 50MINS STEADY
FRIDAY	REST
SATURDAY	RUN 10MINS EASY, 3X8MINS THRESHOLD (2MINS REC). 10MINS EASY
SUNDAY	1 HOUR 20MINS (INC 20MINS EASY 40MINS STEADY - 20MINS EASY).

04 WEEKS TO GO:	
MONDAY	REST
TUESDAY	10MINS EASY. 5X1K AT 10K RACE PACE (90SEC REC) 10MINS EASY
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	10MINS EASY. 5MINS TEMPO. SPEED WORK. 2X4X60SECS. 90SEC BETWEEN REPS AND 5MINS BETWEEN SETS. 10MINS EASY.
FRIDAY	REST
SATURDAY	10MIN EASY. 30MINS THRESHOLD. 10MINS EASY.
SUNDAY	90MINS EASY RUN

03 WEEKS TO GO:	
MONDAY	REST
TUESDAY	10MINS EASY. 6X1K AT 10K RACE PACE (90SEC REC) 10MINS EASY
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	10MINS EASY. 5MINS TEMPO. SPEED WORK 4X60SEC (60SEC REC), 4X45SEC (60SEC REC), 4X30SEC (60SEC REC). 10MINS EASY.
FRIDAY	REST
SATURDAY	10MIN EASY. 2X15MIN THRESHOLD 10MIN EASY.
SUNDAY	1 HOUR 10MINS EASY RUN.

02 WEEKS TO GO:	
MONDAY	REST
TUESDAY	10MINS EASY. 7X1K AT 10K RACE PACE (2MINS RECOVERY). 10MINS EASY.
WEDNESDAY	ACTIVE RECOVERY
THURSDAY	10MINS EASY
FRIDAY	REST
SATURDAY	10MINS EASY, 15MIN THRESHOLD, 10MINS EASY
SUNDAY	50MINS EASY RUN

01 WEEK TO GO:	
MONDAY	REST
TUESDAY	10MINS EASY. 3X1K AT RACE PACE (3MINS REC). 10MINS EASY.
WEDNESDAY	REST
THURSDAY	30MINS EASY RUN
FRIDAY	20MINS EASY RUN. 4X100M FAST STRIDES. FEELING LIGHT, STRONG AND FAST!
SATURDAY	REST
SUNDAY	10K RACE DAY. GOOD LUCK!

