

10km Training Programme aimed at experienced runners targeting sub 45 minutes

DATE	TYPICAL SESSION	ACHEIVED
Week 1		
Monday	4 miles fast	
Tuesday	4 x 800m with 800 m recovery	
Wednesday	6 miles steady	
Thursday	30 minutes Fartlek	
Friday	REST	
Saturday	3 miles fast	
Sunday	7 miles steady	
	TOTAL	
Week 2		
Monday	4 miles fast	
Tuesday	3 x 1000m, 600m slow jog recovery	
Wednesday	6 miles steady	
Thursday	35 minutes Fartlek	
Friday	REST	
Saturday	3 miles fast	
Sunday	8 miles steady	
	TOTAL	
Week 3		
Monday	4 miles fast	
Tuesday	5 x 800m with 800 m slow jog recovery	
Wednesday	6 miles steady	
Thursday	40 minutes Fartlek	
Friday	REST	
Saturday	3 miles fast	
Sunday	8 miles steady	
	TOTAL	
Week 4		
Monday	5 miles fast	
Tuesday	4 x 1000m, 600m slow jog recovery	
Wednesday	6 miles steady	
Thursday	40 minutes Fartlek	
Friday	REST	
Saturday	3 miles fast	
Sunday	9 miles steady	
	TOTAL	
Week 5		
Monday	5 miles fast	
Tuesday	6 x 600m, 400m jog recovery	
Wednesday	6 miles steady	
Thursday	40 minutes Fartlek	
Friday	REST	
Saturday	40 mins steady with 4 x 400m approx (1 ½ mins) bursts	
Sunday	9 miles steady	
	TOTAL	
Week 6		
Monday	5 miles fast	
Tuesday	6 x 800m with 400 m slow jog recovery	
Wednesday	7 miles steady	
Thursday	40 minutes Fartlek	
Friday	REST	
Saturday	40 mins steady with 4 x 400m approx (1 ½ mins) bursts	
Sunday	9 miles steady	
	TOTAL	

Week 7		
Monday	6 miles fast	
Tuesday	6 x 600m with 400 m slow jog recovery	
Wednesday	7 miles steady	
Thursday	40 minutes Fartlek	
Friday	REST	
Saturday	40 mins steady with 4 x 800m approx (3 mins) bursts	
Sunday	10 miles steady	
		TOTAL
Week 8		
Monday	6 miles fast	
Tuesday	6 x 800m with 400 m slow jog recovery	
Wednesday	7 miles steady	
Thursday	40 minutes Fartlek	
Friday	REST	
Saturday	45 mins steady with 3 x 1000m approx (4 ½ mins) bursts	
Sunday	10 miles steady	
		TOTAL
Week 9		
Monday	5 miles fast	
Tuesday	3 x 1000m with 600 m slow jog recovery	
Wednesday	6 miles steady	
Thursday	30 minutes Fartlek (<i>a little faster overall than previously</i>)	
Friday	REST	
Saturday	30 minutes steady	
Sunday	5 miles fast or Race (up to 5 miles)	
		TOTAL
Week 10		
Monday	5 miles fast	
Tuesday	4 x 800m with 400 m slow jog recovery	
Wednesday	6 miles steady	
Thursday	30 minutes Fartlek	
Friday	REST	
Saturday	30 minutes steady	
Sunday	10 miles steady	
		TOTAL
Week 11		
Monday	4 miles fast	
Tuesday	5 x 600m with 400 m slow jog recovery	
Wednesday	6 miles steady	
Thursday	30 minutes Fartlek	
Friday	REST	
Saturday	3 miles fast	
Sunday	30 minutes steady	
		TOTAL
Week 12		
Monday	3 miles steady	
Tuesday	4 miles fast	
Wednesday	REST	
Thursday	2 x 2 miles fast with 10 mins jog recovery	
Friday	3 mile jog with 6 x 200m strides in the run	
Saturday	Rest	
Sunday	Target Race	
		TOTAL
Notes:		