

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest	Recovery run, 20 mins	Cross-training, 40 mins	10 mins easy, 3x2 min threshold, 2 min recovery, 10 mins easy	Rest	Bike Ride, 60 mins	Easy run, 25 mins
2	Cross-training, 30 mins	Rest	Cross-training, 30 mins	Undulating run, 20 mins	Rest	Recovery run, 30 mins	Easy run, 30 mins
3	Rest	Cross-training, 30 mins	Threshold run, 4x3 mins with 2 min recovery	Rest	Cross-training, 40 mins	Hilly run, 25 mins working harder on the up hills	Long run, 40 mins
4	Rest	Threshold run, 4x4 mins with 90 sec recovery	Cross-training, 2x20 mins	Easy run, 35 mins	Rest	Rest or swim	Long run, 45 mins
5	Rest	Cross-training, 3x20 mins	Threshold run, 2x6 mins with 3 min recovery	Rest	30 mins including 6x60 sec Fartlek with 60 sec recovery	Bike Ride, 60 mins	Long run, 50-60 mins
6	Rest	Cross-training, 30 mins	30 min including 10 mins threshold	Rest	6x3 mins at threshold pace with 90 sec recovery	Bike Ride, 60 mins	Recovery run, 30 mins
7	Rest	Cross-training, 3x20 mins	40 min run including 2x8 mins @ threshold with 4 min recovery	Rest	5x4 mins at threshold pace with 90 sec recovery	Cross-training, 3x20 mins	Long run, 60-70 mins
8	Rest	Cross-training, 2x20 mins	Rest	Threshold run 2x10 mins with 3 min recovery	Rest	Race pace run, 30 mins with last 15 @ target 10k race pace	Long run, 60-75 mins
9	Rest	Cross-training, 3x20 mins	45 mins run including 15 mins @ threshold	Rest	5x5 mins @ threshold with 90 sec recovery	Rest	Long run, 40 mins, last 15 mins @ 10k race pace
10	Rest	Rest	30 min run including 2x5 mins @ threshold with 2 min recovery	Rest	Rest	Recovery run, 10 mins	10km race

- Easy/Recovery Run: Fully conversational pace at 6/10 effort.
- Long Run: At least one minute per mile slower than race pace. 6.5-7.5/10 effort.
- Threshold Pace: Comfortably hard, approximately 10-15 seconds slower than your 10k race pace. 8/10 effort.
- Intervals: Faster than your threshold pace. Run at 8.5-9/10 effort. It is a pace that will leave you out of breath. Not far from an all-out attempt.

