



# 10K TRAINING PLAN

This schedule is suitable for those returning to running and incorporates a mixture of long run sessions and sessions that help to build up your pace. You can complete the sessions on road, though we recommend you run off-road too (in parkland, forests, etc) to get used to the terrain of the Focus 10k.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08	REST	REST	2 Miles easy pace, then 4x400m at a fast pace with 3-min jog recoveries in between, then 2 miles easy pace.	REST	REST	2.5 Miles easy pace then 2 miles at a faster pace.	2-3 Miles easy pace.
07	REST	REST	2 Miles easy pace, then 4x600m at a fast pace with 3-min jog recoveries in between, then 2 miles easy pace.	REST	REST	30 mins easy pace, including hills.	3-4 Miles easy pace.
06	REST	REST	2 Miles easy pace, then 4x800m at a fast pace with 4 min jog recoveries in between, then 2 miles easy pace.	REST	REST	20 mins easy pace then 15 mins at a faster pace.	4-6 Miles easy pace.
05	REST	REST	2 Miles easy pace, then 8x400m with 3-min recoveries in between, then 2 miles easy pace.	REST	REST	5 Miles - 2.5 Miles at an easy pace, 2.5 miles at a harder effort.	5-7 Miles easy pace.
04	REST	REST	2 Miles easy pace, then 8x500m with 3-min recoveries in between, then 2 miles easy pace.	REST	REST	35-45 mins interval training with varied efforts and recoveries.	6-7 Miles easy pace.
03	REST	REST	2.5 Miles easy pace, then 5x800m with 3-min jog recoveries in between, then 2 miles easy pace.	REST	REST	6-7 Miles, gradually speeding up every 2.5 mile segments.	7-8 Miles easy pace.
02	REST	REST	3 Miles easy pace, then 10x400m with 2-3-min jog recoveries in between, then 2-3 miles easy pace.	REST	REST	4x1 Mile at a hard effort, with 3-4 min recoveries in between.	7-9 Miles easy pace.
01	REST	REST	3 Miles easy pace, then 5-6x500m with 2-3 min jog recoveries in between, then 2-3 miles easy pace.	REST	REST	REST	<b>RACE DAY!</b>