

Training for sub 1H00 10km

RI=resting interval between the repeats

NB 3 km warm up before starting with speed repeats and 1 km easy cool down after completion

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W1	cross training	<u>8x400@5:12/km(400M RI)</u>	cross training	Easy Run:5@6:13/KM	REST	Easy Run:6@6:13/KM	Rest
W2	cross training	<u>5x800@5:17/km(400M RI)</u>	cross training	Easy Run:5@6:13/KM	REST	Easy Run:7@6:13/KM	Rest
W3	cross training	<u>2x1600@5:28/km and 1x800@5:17/km</u>	cross training	3km@5:50/ walk for 8 min run 3km@5:50/	REST	Easy Run:8@6:13/KM	Easy Run:5@7:/KM
W4	cross training	<u>400@5:12/km: 600@5:15km: 2x800@5:17/km: 600@5:15/km: 400@5:12/km.(400M RI)</u>	cross training	Easy Run:6.5@6/KM	REST	Easy Run:9@6:13/KM	Easy Run:5@7/KM
W5	cross training	<u>4x1000 @5:12/km</u>	cross training	3km@5:50/ walk for 8 min run 3km@5:50/	REST	Easy Run:8@6:13/KM	Easy Run:5@7/KM
W6	cross training	<u>1600@5:28/km:1000@5:20/km:800@5:17/km: 400@5:12/km(400 RI)</u>	cross training	Easy Run:7@6/KM	REST	Easy Run:9@6:15/KM	Easy Run:5@7/KM
W7	cross training	<u>10x400@5:12/km(90sec RI)</u>	cross training	Easy Run:6.5@6/KM	REST	Easy Run:10@6:15/KM	Easy Run:5@7/KM
W8	cross training	<u>6x800@5:17/km(90sec RI)</u>	cross training	3km@5:50/ walk for 8 min run 3km@5:50/	REST	Easy Run:11@6:20/KM	Easy Run:5@7/KM
W9	cross training	<u>4x1000 @5:20/km</u>	cross training	Easy Run:5@5:50/KM	REST	Easy Run:12@6:20/KM	Easy Run:5@7/KM
W10	cross training	<u>5x1000 @5:20/km</u>	cross training	Easy Run:7@6/KM	REST	Easy Run:13@6:20/KM	Easy Run:5@7/KM
W11	cross training	<u>3x1600@5:28/km 400RI</u>	cross training	Easy Run:5@5:50/KM	REST	Easy Run:11@6:20/KM	Easy Run:5@7/KM
W12	cross training	<u>6x400@5:12/km(60secM RI)</u>	cross training	Easy Run:5@6:20/KM	REST	Race 10KM @6/km	Rest