

**Training for sub 1H10 10 km**

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	8x400@6:12/km(400M RI)	cross training	Easy Run:5@7:13/KM	REST	Easy Run:6@7:13/KM	Rest
W2	cross training	5x800@7:15/km(400M RI)	cross training	Easy Run:5@7:13/KM	REST	Easy Run:7@7:13/KM	Rest
W3	cross training	2x1600@6:26/km and 1x800@6:16/km	cross training	3km@6:50/ walk for 8 min run 3km@6:50/	REST	Easy Run:8@7:13/KM	Easy Run:5@8/KM
W4	cross training	400@6:12/km: 600@6:15km: 2x800@7:15/km: 600@6:15/km: 400@6:12/km.(400M RI)	cross training	Easy Run:6.5@7/KM	REST	Easy Run:9@7:13/KM	Easy Run:5@8/KM
W5	cross training	4x1000 @6:12/km	cross training	3km@6:50/ walk for 8 min run 3km@6:50/	REST	Easy Run:8@7:13/KM	Easy Run:5@8/KM
W6	cross training	1600@6:26/km:1000@6:18/km:800@6:16/km: 400@6:12/km(400 RI)	cross training	Easy Run:7@7/KM	REST	Easy Run:9@7:15/KM	Easy Run:5@8/KM
W7	cross training	10x400@6:12/km(90sec RI)	cross training	Easy Run:6.5@7/KM	REST	Easy Run:10@7:15/KM	Easy Run:5@8/KM
W8	cross training	6x800@6:16/km(90sec RI)	cross training	3km@7:42/ walk for 8 min run 3km@7:42/	REST	Easy Run:11@7:20/KM	Easy Run:5@8/KM
W9	cross training	4x1000 @6:18/km	cross training	Easy Run:5@6:50/KM	REST	Easy Run:12@7:20/KM	Easy Run:5@8/KM
W10	cross training	5x1000 @6:18/km	cross training	Easy Run:7@7/KM	REST	Easy Run:13@7:20/KM	Easy Run:5@8/KM
W11	cross training	3x1600@6:26/km 400RI	cross training	Easy Run:5@6:50/KM	REST	Easy Run:11@7:20/KM	Easy Run:5@8/KM
W12	cross training	6x400@6:12/km(60secM RI)	cross training	Easy Run:5@7:20/KM	REST	<b>Race 10KM @7/km</b>	<b>Rest</b>