

Training for sub 1H20 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@7:10/km(400M RI)	cross training	Easy Run:5@8:13/KM	REST	Easy Run:6@8:13/KM	Rest
W2	cross training	5x800@7:15/km(400M RI)	cross training	Easy Run:5@8:13/KM	REST	Easy Run:7@8:13/KM	Rest
W3	cross training	2x1600@7:24/km and 1x800@7:10/km	cross training	3km@7:50/ km walk for 8 min run 3km@7:50/km	REST	Easy Run:8@8/KM	Easy Run:5@9/KM
W4	cross training	400@7:10/km: 600@7:13km: 2x800@7:15/km: 600@7:13/km: 400@7:10/km.(400M RI)	cross training	Easy Run:6.5@8/KM	REST	Easy Run:9@8:15/KM	Easy Run:5@9/KM
W5	cross training	4x1000 @7:17/km	cross training	3km@7:50/ km walk for 8 min run 3km@7:50/km	REST	Easy Run:8@8:13/KM	Easy Run:5@9/KM
W6	cross training	1600@7:24/km:1000@7:17/km:800@7:15/km: 400@7:10/km(400 RI)	cross training	Easy Run:7@8/KM	REST	Easy Run:9@8:15/KM	Easy Run:5@9/KM
W7	cross training	10x400@7:10/km(90sec RI)	cross training	Easy Run:6.5@8/KM	REST	Easy Run:10@8:15/KM	Easy Run:5@9/KM
W8	cross training	6x800@7:15/km(90sec RI)	cross training	3km@7:50/ km walk for 8 min run 3km@7:50/km	REST	Easy Run:11 @8:20/KM	Easy Run:5@9/KM
W9	cross training	4x1000 @7:17/km	cross training	Easy Run:5@7:50/KM	REST	Easy Run:12@8:20/KM	Easy Run:5@9/KM
W10	cross training	5x1000 @7:17/km	cross training	Easy Run:7@8/KM	REST	Easy Run:13@8:20/KM	Easy Run:5@9/KM
W11	cross training	3x1600@7:24/km 400RI	cross training	Easy Run:5@7:50/KM	REST	Easy Run:11@8:20/KM	Easy Run:5@9/KM
W12	cross training	6x400@7:10/km(60secM RI)	cross training	Easy Run:5@8:20/KM	REST	Race 10KM @8/km	Rest