

**Training for a sub 50min 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	8x400@4:17/km(400M RI)	cross training	Easy Run:5@5:13/KM	REST	Easy Run:6@5:13/KM	Rest
W2	cross training	5x800@4:24/km(400M RI)	cross training	Easy Run:5@5:13/KM	REST	Easy Run:7@5:13/KM	Rest
W3	cross training	2x1600@4:34/km and 1x800@4:24/km	cross training	3km@4:50/ easy Jog for 1km run 3km@4:50/	REST	Easy Run:8@5:13/KM	Easy Run:5@6:/KM
W4	cross training	400@4:17/km: 600@4:21km: 2x800@4:24/km: 600@4:21/km: 400@4:17/km(400M RI)	cross training	2km warm up ; 6.5@5/KM	REST	Easy Run:9@5:13/KM	Easy Run:5@6/KM
W5	cross training	4x1000 @4:26/km	cross training	3km@4:50/ easy Jog for 1km run 3km@4:50/	REST	Easy Run:8@5:13/KM	Easy Run:5@6/KM
W6	cross training	1600@4:24/km:1000@4:26/km:800@4:24/km: 400@4:17/km(400 RI)	cross training	2km warm up: 7@5/KM	REST	Easy Run:9@5:15/KM	Easy Run:5@6/KM
W7	cross training	10x400@4:17/km(90sec RI)	cross training	2km war up :6.5@5/KM	REST	Easy Run:10@5:15/KM	Easy Run:5@6/KM
W8	cross training	6x800@4:24/km(90sec RI)	cross training	3km@4:50/ easy Jog for 1km run 3km@4:50/	REST	Easy Run:11@5:20/KM	Easy Run:5@6/KM
W9	cross training	4x1000 @4:26/km	cross training	2km warm up:5@4:50/KM	REST	Easy Run:12@5:20/KM	Easy Run:5@6/KM
W10	cross training	5x1000 @4:26/km	cross training	2km warm up:7@5/KM	REST	Easy Run:13@5:20/KM	Easy Run:5@6/KM
W11	cross training	3x1600@4:34/km 400RI	cross training	2km warm up:5@4:50/KM	REST	Easy Run:11@5:20/KM	Easy Run:5@6/KM
W12	cross training	6x400@4:17/km(60secMRI)	cross training	2km warm up:5@5:20/KM	REST	<b>Race 10KM @5/km</b>	<b>Rest</b>