

SUB-40 **10K TRAINING PLAN**

THIS IS AN ADVANCED PLAN WHICH INCLUDES ONE ADIDAS RUNNERS SESSION PER WEEK PLUS FIVE TRAINING RUNS.



	MONDAY (MINS)	TUESDAY (MINS)	WEDNESDAY (MINS)	THURSDAY (MINS)	FRIDAY (MINS)	SATURDAY (MINS)	SUNDAY (MINS)	TOTAL WEEKLY RUN TIME	
BUILD 1	WEEK 1	60	REST	30	45	30	PARKRUN OR SESSION A	60	04:05
	WEEK 2	60	REST	30	50	30	PARKRUN OR SESSION B	65	04:15
	WEEK 3	60	REST	30	55	30	PARKRUN OR SESSION C	70	04:25
	WEEK 4	60	REST	30	60	30	PARKRUN OR SESSION D	75	04:35
BUILD 2	WEEK 5	60	REST	30	60	30	PARKRUN OR SESSION A	75	04:35
	WEEK 6	60	REST	30	60	30	PARKRUN OR SESSION B	80	04:40
	WEEK 7	60	REST	30	60	30	PARKRUN OR SESSION C	85	04:45
	WEEK 8	60	REST	30	60	30	PARKRUN OR SESSION D	90	04:50
HONE & TAPER	WEEK 8	60	REST	30	60	30	PARKRUN OR SESSION A	90	04:50
	WEEK 9	60	REST	30	60	30	PARKRUN OR SESSION B	90	04:50
	WEEK 10	60	REST	30	60	30	PARKRUN OR SESSION C	75	04:35
	WEEK 11	60	REST	30	45	30	20	RACE	04:05

○ EASY PACE - 8:51/MILE >
 ○ STEADY PACE / RACE PACE - 6:26/MILE >>
 ● ADIDAS RUNNERS OR SESSION (FAST PACE) - <6:26/MILE

SATURDAY SESSION PROGRESSION
10 MIN WARM UP AND COOL DOWN

WEEK A - 6*4MIN/90 SEC RECOVERY
WEEK B - 2*(8MIN/60 RECOVERY 5MIN/2MIN RECOVERY)

WEEK C - 6*5MIN/90SEC RECOVERY
WEEK D - 2*(10MIN/60 RECOVERY 5MIN/2MIN RECOVERY)