

## 8 WEEK 10K RUNNING SCHEDULE

### SESSION

#### WEEK ONE

MONDAY Rest  
TUESDAY 2m easy, 4 x 400m (3min recovery) then 2m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 2-2.5m easy, 2m faster, jog to finish  
SUNDAY 2-3m easy

#### WEEK TWO

MONDAY Rest  
TUESDAY 2m easy, 4 x 600m (3min recovery) then 2m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 15min easy, 15min fast  
SUNDAY 3-4m easy

#### WEEK THREE

MONDAY Rest  
TUESDAY 2-2.5m easy, 4 x 800m (3min recovery) then 2m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 30-40mins including hills  
SUNDAY 4-6m easy

#### WEEK FOUR

MONDAY Rest  
TUESDAY 2-2.5m easy, 8 x 400m (3min recovery) then 2m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 5m, first half 70% second half 85%  
SUNDAY 5-7m easy

#### WEEK FIVE

MONDAY Rest  
TUESDAY 2m easy, 8 x 500m (3min recovery) then 2m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 35-45mins fartlek  
SUNDAY 6-7m easy

**WEEK SIX**

MONDAY Rest  
TUESDAY 2-2.5m easy, 8 x 500m (3min recovery) then 2-2.5m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 6-7.5m, gradual acceleration, 70, 80 - 90%  
SUNDAY 7-8m easy

**WEEK SEVEN**

MONDAY Rest  
TUESDAY 2-3m easy, 10 x 400m (2-3min recovery) 2-3m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY Rest  
SATURDAY 4 x 1m (3-4min jog recovery)  
SUNDAY 7-9m easy

**WEEK EIGHT**

MONDAY Rest  
TUESDAY 2-3m easy, 6 x 500m (2-3min recovery) 2-3m easy  
WEDNESDAY Rest  
THURSDAY Rest  
FRIDAY 4-5m easy  
SATURDAY Rest  
SUNDAY RACE