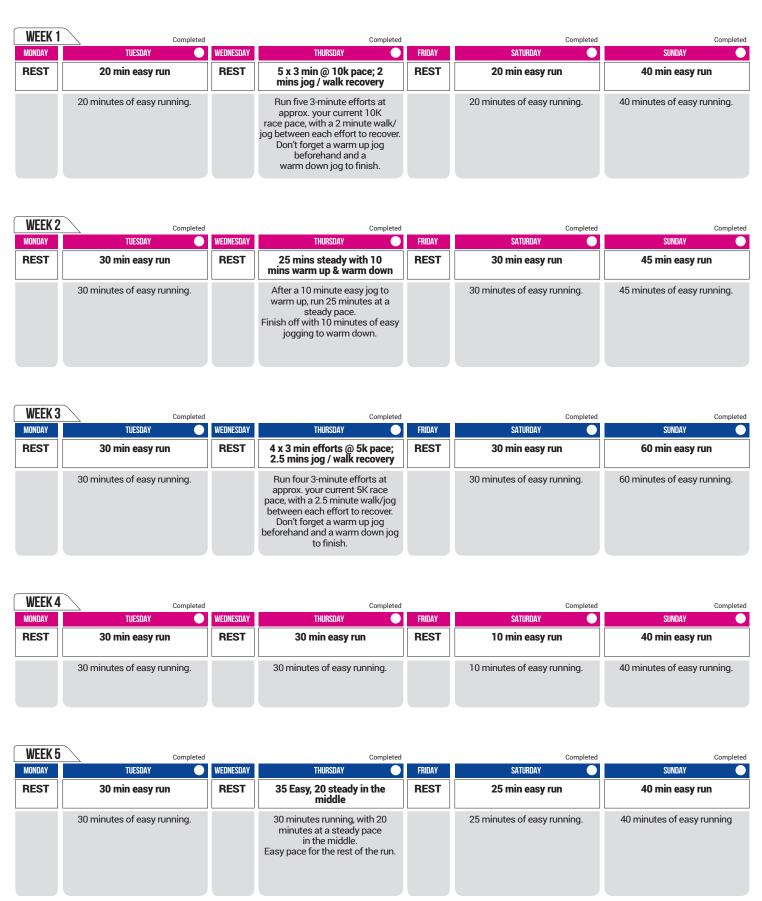






IMPROVER 10K TRAINING PLAN

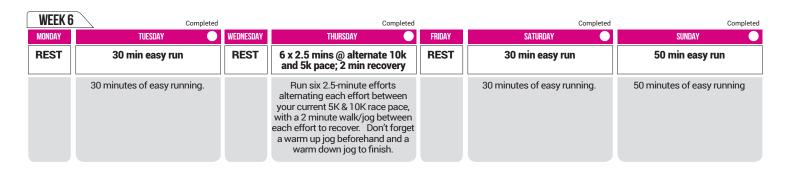








IMPROVER 10K TRAINING PLAN



WEEK 7	Completed		Completed		Completed Com	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	acceleration run - 8 mins @ 10k goal pace; 4 mins @ 5k pace recovery	REST	30 min easy run	60 min easy run
	30 minutes of easy running.		After a 10 minute easy jog to warm up, run 8 minutes at your 10K goal pace, immediately followed by 4 minutes at your current 5K pace. Finish off with 10 minutes of easy jogging to warm down.		30 minutes of easy running.	60 minutes of easy running.

WEEK 8 Completed		Completed		Completed Completed		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 min easy run	REST	35 Steady, last 5 mins hard	REST	30 min easy run	50 min easy run
	40 minutes of easy running.		30 minutes of steady running then 5 minutes hard controlled running to finish		30 minutes of easy running.	50 minutes of easy running

WEEK 9 Completed			Completed		Completed Completed		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	30 min easy run	REST	3 x 6 mins @ half marathon pace; 2 mins recovery	REST	30 min easy run	45 min easy run	
	30 minutes of easy running.		Run three 6-minute efforts at your current half marathon race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		30 minutes of easy running.	45 minutes of easy running.	

WEEK 10	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
REST	35 min easy run	REST	20 min easy run	REST	10 min easy run	mewham oldondon mewham
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!