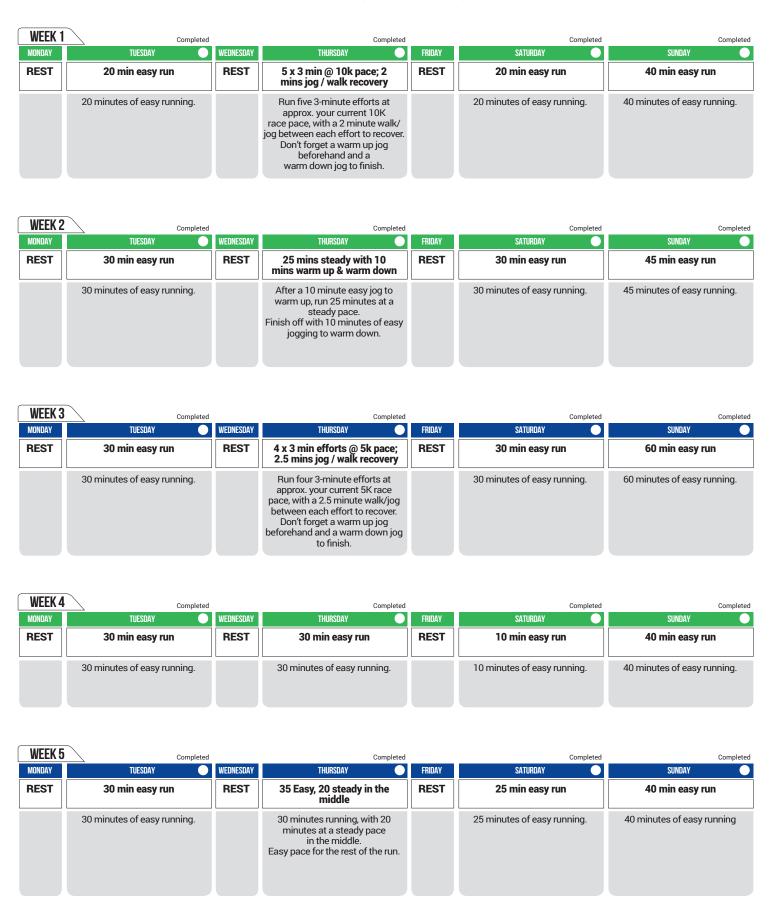




IMPROVER 10K TRAINING PLAN

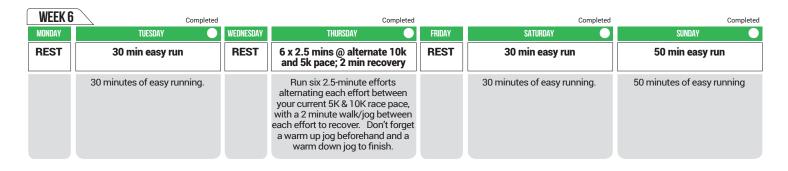








IMPROVER 10K TRAINING PLAN



WEEK 7	Completed		Completed		Completed	Completed
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	SUNDAY 5 JULY 2015
REST	35 min easy run	REST	20 min easy run	REST	10 min easy run	great_north 10k Gateshead
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!