

# Challenger 10k

## 10 Week Training Plan

Event day: **Sunday 4 June 2017**

Website: [greatrun.org/womens10k](http://greatrun.org/womens10k)

WEEK 1		Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
REST	35 min easy run	REST	35 min easy run	REST	25min easy run
	35 minutes of easy running.		35 minutes of easy running.		25 minutes of easy running.

WEEK 2		Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
REST	35 min easy run	REST	3 x 6 min @ betw 10 K & half m pace : 2.5 min recovery	REST	25min easy run
	35 minutes of easy running.		Run five 3-minute efforts at approx. your current 10K 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.		25 minutes of easy running.

WEEK 3		Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
REST	35 min easy run	REST	Tempo run : 20 min hard even effort	REST	25 min easy run
	35 minutes of easy running.		After a 10 minute easy jog to warm up, run 20 minutes at a hard but controlled pace. Finish off with 10 minutes of easy jogging to warm down.		25 minutes of easy running.

WEEK 4		Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
REST	35 min easy run	REST	25 min easy run	REST	25 min easy run
	35 minutes of easy running.		25 minutes of easy running.		25 minutes of easy running.

WEEK 5		Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
REST	35 min easy run	REST	4 x 6 min @ 10 mile pace: 3 min w/j recovery	REST	25 min easy run
	35 minutes of easy running.		Run four 6-minute efforts at your current 10 mile race pace, with a 3 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		25 minutes of easy running.

WEEK 6		Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
REST	35 min easy run	REST	10 x 1 min @ 3k pace 75 sec w/j recovery	REST	25min easy run
	35 minutes of easy running.		Run ten 1-minute efforts at your current 3km race pace, with a 75 second walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		25 minutes of easy running.

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WEEK 7						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	7 x 2 min @ 5k pace : 90s w/j recovery	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		Run seven 2-minute efforts at your current 5km race pace, with a 1.5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		25 minutes of easy running.	50 minutes of easy running
WEEK 8						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	6 x 3 min @ 10k pace: 2 min w/j recovery	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		Run six 3-minute efforts at your current 10km 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.		25 minutes of easy running.	50 minutes of easy running
WEEK 9						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	Accel run: 10 min @ half m pace: straight into 8 min @ 10k pace	REST	25 min easy run	45 min easy run
	35 minutes of easy running.		After a 10 minute easy jog to warm up, run 10 minutes at your half marathon race pace, immediately followed by 8 minutes at your current 10K pace. Finish off with 10 minutes of easy jogging to warm down.		25 minutes of easy running.	45 minutes of easy running.
WEEK 10						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	20 min easy run	REST	REST	Event day
	35 minutes of easy running.		20 minutes of easy running.			GOOD LUCK!