



IMPROVERS'

10-WEEK TRAINING SCHEDULE FOR 10K

01.09.2019
CARDIFF10K.CYMRU
 f t i **CARDIFF10K**



This is designed for those who have completed a 5km event or a 10k event, and wish to improve a little, or just have a bit more structure to their training. It is asking you to still only run 4 days a week but the total time or mileage in the week is slightly greater. There is also one day at race pace which is suggesting you try to run a little faster.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3 mile / 30min run	Cross Train / Alternate Exercise	2.5 mile run at race pace	Rest	2 mile / 20min run	30min easy walk run
WEEK 2	Rest	3 mile / 30min run	Cross Train / Alternate Exercise	3 mile run at race pace	Rest	2 mile / 20min run	30min easy walk run
WEEK 3	Rest	3.5 mile / 35min run	Cross Train / Alternate Exercise	3 mile run at race pace	Rest	2.5 mile / 25min run	30min easy walk run
WEEK 4	Rest	3.5 mile / 35min run	Cross Train / Alternate Exercise	3.5 mile run at race pace	Rest	2.5 mile / 25min run	35-40min easy walk run
WEEK 5	Rest	3.5 mile / 35min run	Cross Train / Alternate Exercise	3.5 mile run at race pace	Rest	3 mile / 30min run	35-40min easy walk run
WEEK 6	Rest	4 mile / 40min run	Cross Train / Alternate Exercise	3 mile run at race pace	Rest	3 mile / 30min run	35-40min easy walk run
WEEK 7	Rest	4 mile / 40min run	Cross Train / Alternate Exercise	3.5 mile run at race pace	Rest	4 mile / 40min run	40min easy walk run
WEEK 8	Rest	4 mile / 40min run	Cross Train / Alternate Exercise	4 mile run at race pace	Rest	4.5 mile / 45min run	40min easy walk run
WEEK 9	Rest	4 mile / 40min run	Cross Train / Alternate Exercise	3 mile run at race pace	Rest	5 mile / 50min run	30min easy walk run
WEEK 10	Rest	3 mile / 30min run	Cross Train / Alternate Exercise	2-2.5 mile run at race pace	Rest	Rest	10K RACE