



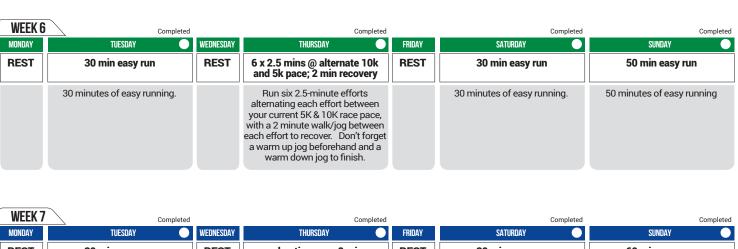
IMPROVER 10K TRAINING PLAN

WEEK 1	Completed		Completed		Completed	Compl
IONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	5 x 3 min @ 10k pace; 2 mins jog / walk recovery	REST	20 min easy run	40 min easy run
	20 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.		20 minutes of easy running.	40 minutes of easy running
WEEK 2	Completed		Completed		Completed	Comp
ONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EST	30 min easy run	REST	25 mins steady with 10 mins warm up & warm down	REST	30 min easy run	45 min easy run
	30 minutes of easy running.		After a 10 minute easy jog to warm up, run 25 minutes at a steady pace. Finish off with 10 minutes of easy jogging to warm down.		30 minutes of easy running.	45 minutes of easy running
VEEK 3 DNDAY	Completed TUESDAY 30 min easy run	WEDNESDAY	Completed THURSDAY 4 x 3 min efforts @ 5k pace;	FRIDAY	SATURDAY O	SUNDAY 60 min easy run
	30 minutes of easy running.		Run four 3-minute efforts at approx. your current 5K race pace, with a 2.5 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.	60 minutes of easy running
VEEK 4	Completed TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Com SUNDAY
EST						
	30 min easy run	REST	30 min easy run	REST	10 min easy run	40 min easy run
	30 min easy run 30 minutes of easy running.	REST	30 min easy run 30 minutes of easy running.	REST	10 min easy run 10 minutes of easy running.	
VEEK 5	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running
						40 minutes of easy running
VEEK 5 DINDAY EST	30 minutes of easy running.	WEDNESDAY REST	30 minutes of easy running.	FRIDAY REST	10 minutes of easy running.	40 minutes of easy running





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	SATURDAY 11 APRIL 2015
REST	35 min easy run	REST	20 min easy run	REST	10 min easy run	great Ireland
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!