



**Aims** To run 10k!

**Beginner Programme:**

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Circuit 2/Long Intervals 60sec Easy / 8mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x9	5-6km Easy run	Rest and Stretch	7km run	Rest day
Turnaround time:	13m 30s		13m 30s				
<b>2</b>	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x10	5-6km Easy run	Rest and Stretch	Jog 4km Walk 5m x2	Rest day
Turnaround time:	15m 30s		15m 30s				
<b>3</b>	Circuit 2/Long Intervals 60sec Easy / 10.5mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x10	5-6km Easy run	Rest and Stretch	8km run	Rest day
Turnaround time:	17mins		17mins				
<b>4</b>	Strength Based Warm Up 60sec Easy / 9mins Faster x4	Rest and Stretch	Strength Based Warm Up 60sec Easy / 1.5mins Fast x16	5-6km Easy run	Rest and Stretch	9km	Rest day
Turnaround time:	20mins		20mins				
<b>5</b>	Strength Based Warm Up 47m easy run	Rest and Stretch	Strength Based Warm Up 50m easy run	5-6km Easy run	Rest and Stretch	10km Run day Kick butt!	Sleep in ;-)
Turnaround time:	23m 30s		24m 30s				

In the Beginner programme you can choose to walk in the easy sections in both the Long and Short Intervals



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**Intermediate Programme:**

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Circuit 2/Long Intervals 60sec Easy / 8mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x9	5-6km Easy run	Rest and Stretch	9km run	Rest day
Turnaround time:	13m 30s		13m 30s				
<b>2</b>	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x10	5-6km Easy run	Rest and Stretch	10km run	Rest day
Turnaround time:	15m 30s		15m 30s				
<b>3</b>	Circuit 2/Long Intervals 60sec Easy / 10.5mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x10	5-6km Easy run	Rest and Stretch	8km Fast Run	Rest day
Turnaround time:	17mins		17mins				
<b>4</b>	Strength Based Warm Up 60sec Easy / 9mins Faster x4	Rest and Stretch	Strength Based Warm Up 60sec Easy / 1.5mins Fast x16	5-6km Easy run	Rest and Stretch	12km	Rest day
Turnaround time:	20mins		20mins				
<b>5</b>	Strength Based Warm Up 47m easy run	Rest and Stretch	Strength Based Warm Up 50m easy run	5-6km Easy run	Rest and Stretch	10k Run day Kick butt!	Sleep in ;-)
Turnaround time:	23m 30s		24m 30s				



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**Advanced Programme:**

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Circuit 2/Long Intervals 60sec Easy / 8mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x9	5-6km Easy run	Rest and Stretch	10km run	Rest day
Turnaround time:	13m 30s		13m 30s				
<b>2</b>	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x10	5-6km Easy run	Rest and Stretch	12km run	Rest day
Turnaround time:	15m 30s		15m 30s				
<b>3</b>	Circuit 2/Long Intervals 60sec Easy / 10.5mins Faster x3	Rest and Stretch	Circuit 2/Short Intervals 60sec Easy / 2mins Fast x10	5-6km Easy run	Rest and Stretch	8km Time Trial	Rest day
Turnaround time:	17mins		17mins				
<b>4</b>	Strength Based Warm Up 60sec Easy / 9mins Faster x4	Rest and Stretch	Strength Based Warm Up 60sec Easy / 1.5mins Fast x16	5-6km Easy run	Rest and Stretch	14km	Rest day
Turnaround time:	20mins		20mins				
<b>5</b>	Strength Based Warm Up 47m easy run	Rest and Stretch	Strength Based Warm Up 50m easy run	5-6km Easy run	Rest and Stretch	10km Run day Kick butt!	Sleep in ;-)
Turnaround time:	23m 30s		24m 30s				