10K TRAINING PLAN BEGINNER (km)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 5 km Z1-Z2	Run 5 km Z1-Z2 + Hill Sprints (2x6 sec on 5-8% grade) Z3 effort	Run 6 km Z1-Z2	Rest	Run 3 km Z1-Z2 + Hill Sprints (2x6 sec on 5-8% grade) Z3 effort	Long Run 6 km Z1-Z2
2	Rest	Run 6 km Z1-Z2	Run 5 km Z1-Z2 + Hill Sprints (3x6 sec on 5-8% grade) Z3 effort	Run 7 km Z1-Z2	Rest	Run 5 km Z1-Z2	Long Run 7 km Z1-Z2
3	Rest	Run 7 km Z1-Z2	Run 5 km Z1-Z2 + Hill Sprints (4x8 sec on 5-8% grade) Z3 effort	Run 8 km Z1-Z2	Rest	Run 5 km Z1-Z2	Long Run 8 km Z1-Z2
4	Rest	Fartlek Run 3 km Z1-Z3, 5x 1 min @ 5K pace, 1 min recovery, 3 km Z1-Z2	Run 5 km Z1-Z2 + Hill Sprints (5x8 sec on 5-8% grade) Z3 effort	Run 9 km Z1-Z2	Rest	Run 5 km Z1-Z2	Long Run 9 km Z1-Z2, last 2 km Z3
5	Rest	Fartlek Run 3 km Z1-Z3, 6x 45s @ 3K pace, 1 min recovery, 3 km Z1-Z2	Run 6 km Z1-Z2 + Hill Sprints (5x8 sec on 5-8% grade) Z3 effort	Run 6 km Z1-Z2	Rest	Run 5 km Z1-Z2	Long Run 10 km Z1-Z2, last 2 km Z3
6	Rest	Fartlek Run 3 km Z1-Z2, 3x ladder run from 10K pace to 3K pace, pick up speed every 30s, 2 min jogs between sets, 2 km Z1	Run 6 km Z1-Z2 + Hill Sprints (6x8 sec on 5-8% grade) Z3 effort	Run 6 km Z1-Z2	Rest	Run 5 km Z1-2 + Hill Sprints (7x6 sec on 5-8% grade) Z3 effort	Long Run 11 km Z1-Z2, last 3 km Z3
7	Rest	Run 3 km Z1-Z2, 2 sets 6x1K @ 5K pace, recovery run 5 min, 2 km Z1-Z2	Run 6 km Z1-Z2 + Hill Sprints (7x8 sec on 5-8% grade) Z3 effort	Run 6 km Z1-Z2	Rest	Run 5 kmZ1-2 + Hill Sprints (8x6 sec on 5-8% grade) Z3 effort	Long Run 11 km Z1-Z2, last 5 km Z3
8	Rest	Run 6 km Z1-Z2	Run 6 km Z1-Z2 + Hill Sprints (10x10 sec on 5-8% grade) Z3 effort	Run 6 km Z1-Z2, 4x100 m strides Z5 effort	Rest	5K Time Trial	Long Run 11 km Z1-Z2, last 3 km Z3
9	Rest	Run 3 km Z1-Z2, 2 sets 4x800m @ 5K pace, recovery run between sets 10 min, 2 km Z1-Z2	Run 9 km Z1-Z2	Run 7 km Z1-Z2 + Hill Sprints (6x8 sec on 5-8% grade) Z3 effort	Rest	Run 6 km Z1-2	Run 6 km Z1-Z2
10	Rest	Run 3 km Z1-Z2, 5 x 1K @ 5K pace, 400m jog recovery, 2 km Z1-Z2	Run 6 km Z1-Z2	Run 5 km Z1-Z2, 2x2 min Z5, recovery run 10 min, 2 km Z1	Rest	Run 5 km Z1-2	Long Run 13 km Z1-Z2, last 3 km Z3
11	Rest	Run 3 km Z1-Z2, 6 x 1.2K @ 10K pace, 400m jog recovery, 2 km Z1-Z2	Run 5 km Z1-Z2	Run 5 km Z1-Z2, 3x1 min Z5 recovery run 10 min, 2 km Z1	Rest	Run 5 km Z1-2	Long Run 13 km Z1-Z2, last 5 km Z3
12	Rest	Run 3 km Z1-Z2, 6 x 1.5K @ 10K pace, recovery 2 min, 2 km Z1-Z2	Run 5 km Z1-Z2	Run 3 km Z1-Z2, 3x2 min Z3 recovery run 5 min, 2 km Z1-2	Rest	Run 5 km Z1-2	Progression Run 13 km Z1-Z2, intervals 6x2 min @ 10K pace, 2 min Z1-2, hills Z3 effort
13	Rest	Run 3 km Z1-Z2, 3 km @ 10K pace, 5 min recovery, 5x1K @ 10K pace, recovery 2 min, 2 km Z1-Z2	Run 5 km Z1-Z2	Run 6 km Z1-Z2 + Hill Sprints (5x8 sec on 5-8% grade) Z3 effort	Rest	Run 5 km Z1-2	Long Run 11 km Z1-Z2, last 6 km Z3
14	Rest	Run 3 km Z1-Z2, 2 km @ 3K pace, 5 min recovery, 8x400m @ 5K pace, recovery 1 min, 3 km Z1-Z2	Rest	Run 5 km Z1-Z2	Rest	Run 4 km Z1-Z2, 3x100 m strides Z4	**Time Trial / 10K Race**

Z1-Z5 **Zones Z1-Z5 from the Individual Running Diagnostic results**