

# SAMPLE 10 WEEK 10K PLAN for an intermediate runner, training 3 times per week

■ Easy Run 
 ■ Intervals 
 ■ Tempo 
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>5km</b> 5km Easy Run	Rest	<b>7.3km</b> Tempo 1200s	Rest	Rest	<b>6km</b> 6km Long Run	Rest
WEEK 2	<b>5km</b> 5km Easy Run	Rest	<b>7km</b> Shorter Intervals	Rest	Rest	<b>8km</b> 8km Long Run	Rest
WEEK 3	<b>6km</b> 6km Easy Run	Rest	<b>7km</b> Rolling 500s	Rest	Rest	<b>9km</b> 9km Long Run	Rest
WEEK 4	<b>6km</b> 6km Easy Run	Rest	<b>7km</b> 1.5km Repeats	Rest	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 5	<b>5km</b> 5km Easy Run	Rest	<b>5km</b> 400m Repeats	Rest	Rest	<b>7km</b> 7km Long Run	Rest
WEEK 6	<b>6km</b> 6km Easy Run	Rest	<b>8km</b> On off Ks	Rest	Rest	<b>10km</b> 10km Long Run	Rest
WEEK 7	<b>7km</b> 7km Easy Run	Rest	<b>9km</b> Tempo 3-2-1	Rest	Rest	<b>12km</b> 12km Long Run	Rest
WEEK 8	<b>8km</b> 8km Easy Run	Rest	<b>9.4km</b> Mile Repeats	Rest	Rest	<b>12km</b> 12km Long Run	Rest

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WEEK 9	<div style="border: 1px solid #4CAF50; padding: 5px; text-align: center;"> <b>8km</b> 8km Easy Run                 </div>	Rest	<div style="border: 1px solid #9C27B0; padding: 5px; text-align: center;"> <b>10km</b> Progressive Run                 </div>	Rest	Rest	<div style="border: 1px solid #E57373; padding: 5px; text-align: center;"> <b>8km</b> 8km Long Run                 </div>	Rest
WEEK 10	Rest	Rest	<div style="border: 1px solid #2196F3; padding: 5px; text-align: center;"> <b>6.9km</b> Taper Intervals                 </div>	Rest	Rest	<div style="border: 1px solid #E57373; padding: 5px; text-align: center;"> <b>10km</b> 10km Race                 </div>	Rest



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Use code **THRESHOLD** for free trial

