

Use this program if you have been running for a while, have raced a 5k or 10k previously and want to improve your time.

Your goal should be a sub 50 minute 10k race. Remember to check with your doctor before starting a training program.

### 10K Training Program

Week	Date		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7		Planned		30E		35E5S		45E	
		<b>Actual</b>							
6		Planned	40E		10E+5*2minFR +10E		35E5S		50E
		<b>Actual</b>							
5		Planned		10E20F5E		10E+10*1minFR+10E		55E	
		<b>Actual</b>							
4		Planned	30E		10E20F5E		35E5S		50E
		<b>Actual</b>							
3		Planned		10E25F10E		10E+10*2minFR+10E		60E	
		<b>Actual</b>							
2		Planned	45E		10E+20F+10E		45E		20E20F20E
		<b>Actual</b>							
1		Planned		30E		30E			<b>RACE!!</b>
		<b>Actual</b>							

What it means: Numbers refer to minutes so 50E means run for 50 minutes at an easy pace

Other Abbreviations: S stands for "strides" which are short sprints ( about 80-90% all out) of about 30 seconds or 1 city block

So, 5S means repeating the sprints 5 times, but recover by jogging the next block or until breathing returns to normal!

F means fast running, not sprinting, but just a little faster than your normal runs, so if your normal runs are at 60% effort,

fast running would be at 70 to 75% effort. So 10F means 10 minutes of faster than normal running

So 5E20F5E means.....

Run for 5 minutes easy, fast for 20 minutes, and end with 5 minutes easy

FR is a fartlek run at a pace somewhere between strides and fast running use half the time for recovery, so if the fartlek is two minutes use 1 minute recovery.

So 10x2minFR means run 2 minutes at fartlek pace followed by 1 minute easy repeated 10 times for a total of 30 minutes running