

NOTFAST Running Club

10K training plan for beginner / intermediate runners

This is a 12 week plan but it could be adapted to an 8 week plan; beginners could use weeks 1 to 8 and more experienced runners could use weeks 4 to 12.

Week:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
1	Rest	Speed run or hill session: 5K: 2K @ easy pace 1K @ tempo pace 2K @ easy pace	Rest	Other run: 4K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 6K @ easy pace
2	Rest	Speed run or hill session: 5K: 1K @ easy pace 1K @ tempo pace 1K @ easy pace 1K @ tempo pace 1K @ easy pace	Rest	Other run: 5K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 7K @ easy pace
3	Rest	Speed run or hill session: 5K: 1K @ easy pace 3K @ tempo pace 1K @ easy pace	Rest	Other run: 6K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 8K @ easy pace
4	Rest	Speed run or hill session:	Rest	Other run:	Cross training:	Rest	Long run:

		4K: 1K @ easy pace 2K @ tempo pace 1K @ easy pace		5K @ steady pace			6K @ easy pace
5	Rest	Speed run or hill session: 6K: 1K @ easy pace 1K @ steady pace 1K @ tempo pace 1K @ easy pace 1K @ steady pace 1K @ tempo pace	Rest	Other run: 5K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 7K @ easy pace
6	Rest	Speed run or hill session: 6K: 2K @ easy pace 2K @ steady pace 2K @ tempo pace	Rest	Other run: 5K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 8K @ easy pace
7	Rest	Speed run or hill session: 6K: 1K @ easy pace 2K @ steady pace 3K @ tempo pace 1K @ easy pace	Rest	Other run: 6K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 9K @ easy pace
8	Rest	Speed run or hill session: 4K: 1K @ easy pace 2K @ tempo pace 1K @ easy pace	Rest	Other run: 5K @ steady pace	Cross training:	Rest	Long run: 7K @ easy pace

9	Rest	Speed run or hill session: 6K: 2K @ easy pace 1K @ steady pace (uphill) 2K @ tempo pace (up and downhill) 1K @ easy pace	Rest	Other run: 5K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 10K @ easy pace
10	Rest	Speed run or hill session: 6K: 1K @ easy pace 4K @ tempo (uphill) / steady (downhill) pace 1K @ easy pace	Rest	Other run: 6K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 11K @ easy pace
11	Rest	Speed run or hill session: 6K: 1K @ easy pace 4K @ tempo pace (up and downhill) 1K @ easy pace	Rest	Other run: 6K @ steady pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 8K @ easy pace
12	Rest	Speed run or hill session: 4K: 1K @ easy pace 2K @ tempo pace (up and downhill)	Rest	Other run: 4K @ steady pace	Cross training:	Rest	Long run: 10K race

		1K @ easy pace					
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