

MARATHON HANDBOOK

4 WEEK 10K TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	Long Run	15 k
			3 k <i>RPE: 3-4</i>	2.5 k <i>RPE: 3-4</i>	45-60 mins	4 k <i>RPE: 3-4</i>		5 k <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	Long Run	17 k
			4 k <i>RPE: 3-4</i>	2.5 k <i>RPE: 3-4</i>	45-60 mins	4 k <i>RPE: 3-4</i>		6.5 k <i>RPE: 2-3</i>	
3		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	Long Run	25 k
			5 k <i>RPE: 3-4</i>	7 k <i>RPE: 3-4</i>	45-60 mins	5 k <i>RPE: 3-4</i>		8 k <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	10 k	27 k
			5 k <i>RPE: 3-4</i>	7 k <i>RPE: 3-4</i>	45-60 mins	5 k <i>RPE: 3-4</i>			