

MARATHON HANDBOOK

IMPROVER 10K TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	12.5 k
			3 k <i>RPE: 3-4</i>	2 x 400m <i>RPE: 8-9</i>	45-60 mins	30-40 mins <i>RPE: 2-3 / 8-9</i>		4 k <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	13.5 k
			3 k <i>RPE: 3-4</i>	3 x 400m <i>RPE: 8-9</i>	45-60 mins	30-40 mins <i>RPE: 2-3 / 8-9</i>		4 k <i>RPE: 2-3</i>	
3		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	14.0 k
			3 k <i>RPE: 3-4</i>	3 x 400m <i>RPE: 8-9</i>	45-60 mins	30-40 mins <i>RPE: 2-3 / 8-9</i>		5 k <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	13.5 k
			3 k <i>RPE: 3-4</i>	4 x 400m <i>RPE: 8-9</i>	45-60 mins	30-40 mins <i>RPE: 2-3 / 8-9</i>		4 k <i>RPE: 2-3</i>	
5		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	14.0 k
			3 k <i>RPE: 3-4</i>	4 x 400m <i>RPE: 8-9</i>	45-60 mins	30-40 mins <i>RPE: 2-3 / 8-9</i>		5 k <i>RPE: 2-3</i>	
6		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	15.5 k
			3 k <i>RPE: 3-4</i>	4 x 400m <i>RPE: 8-9</i>	45-60 mins	30-40 mins <i>RPE: 2-3 / 8-9</i>		6 k <i>RPE: 2-3</i>	
7		Rest Day	Training Run	Intervals	Strength Training	Training Run	Rest Day	Long Run	14.0 k
			3 k <i>RPE: 3-4</i>	3 x 400m <i>RPE: 8-9</i>	45-60 mins	3 k <i>RPE: 3-4</i>		4 k <i>RPE: 2-3</i>	
8		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	10 k	20 k
			3 k <i>RPE: 3-4</i>	4 k <i>RPE: 3-4</i>	45-60 mins	3 k <i>RPE: 3-4</i>			