

# MARATHON HANDBOOK

## IMPROVER 10K TRAINING PLAN : MILES

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	10 miles
			2.5 miles <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>		3.5 miles <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	11 miles
			2.5 miles <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>		4.0 miles <i>RPE: 2-3</i>	
3		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	12 miles
			2.5 miles <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>		4.5 miles <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	12 miles
			2.5 miles <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>		4.0 miles <i>RPE: 2-3</i>	
5		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	12 miles
			2.5 miles <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>		4.5 miles <i>RPE: 2-3</i>	
6		Rest Day	Training Run	Intervals	Strength Training	Hills / Fartleks	Rest Day	Long Run	14 miles
			2.5 miles <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>		6.0 miles <i>RPE: 2-3</i>	
7		Rest Day	Training Run	Intervals	Strength Training	Training Run	Rest Day	Long Run	12 miles
			3 miles <i>RPE: 3-4</i>	3 x 400m <i>RPE: 8-9</i>	45-60 mins	3 miles <i>RPE: 3-4</i>		4.0 miles <i>RPE: 2-3</i>	
8		Rest Day	Training Run	Training Run	Strength Training	Training Run	Rest Day	10k	16 miles
			3 miles <i>RPE: 3-4</i>	4 miles <i>RPE: 3-4</i>	45-60 mins	3 miles <i>RPE: 3-4</i>			