

»» SUB 45-MIN 10K TRAINING PLAN – KM

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest / Cross-Train Rest or 30–45 min cross-training	Intervals Warm up 2 km 4 x 800 m in 4:00, 200 m jog recovery 8–10 x 400 m in 2:00, 200 m jog recovery Cool down 2 km	Easy Run 5 km easy run	Rest Day	Hill Sprints Warm up 3 km 10 x 100 m or 30–45 sec hill sprints Cool down 2 km	Easy Run 5–6 km easy run	Long Run 8 km
2	Rest / Cross-Train Rest or 30–45 min cross-training	Intervals Warm up 2 km 8 x 1,000 m in 4:30, 200 m jog recovery Cool down 2 km	Easy Run 6 km easy run	Rest Day	Tempo Intervals Warm up 2 km 2 x 15 min at 4:40–4:43 /km, 90 sec recovery 4 x 30 sec at sprint/mile pace, 30 sec rest Cool down 2 km	Easy Run 5–6 km easy run	Long Run 10 km
3	Rest / Cross-Train Rest or 30–45 min cross-training	Intervals Warm up 2 km 3 x 1 mile (1.6 km) in 7:00–7:15, 200 m jog recovery 2 x 800 m at 5K pace 2 x 400 m at mile race pace Cool down 2 km	Easy Run 5–6 km easy run	Rest Day	Tempo Intervals Warm up 2 km 2 x 20 min at 4:40–4:43 /km, 90 sec recovery 4 x 30 sec at sprint/mile pace, 30 sec rest Cool down 2 km	Easy Run 5–6 km easy run	Long Run 11 km
4	Rest / Cross-Train Rest or 30–60 min cross-training	Time Trial Warm up 2 km 6 x 100 m strides 5K time trial in 22:30 or faster (hit the first km in 4:30, then stay steady or pick up the pace) Cool down 3 km easy	Easy Run 7–8 km easy run	Rest Day	Hill Sprints Warm up 3 km 10–12 x 100–200 m or 30–60 sec hill sprints Cool down 2 km	Easy Run + Strides 7–8 km easy run 4 x 50–75 m strides	Long Run 13 km
5	Rest / Cross-Train Rest or 45–60 min cross-training	Intervals Warm up 2 km 2 x 2 miles (3.2 km) in 14:00–14:30 200 m jog 4 x 400 m in 1:44 or faster, 90 sec recovery Cool down 2 km	Easy Run 8–10 km easy run	Rest Day	Tempo Run Warm up 2 km 35–40 min tempo run (4:40–4:43 /km) Cool down 2 km	Easy Run + Strides 7–8 km easy run 4 x 50–75 m strides	Long Run 10 km
6	Rest / Cross-Train Rest or 45 min cross-training	Intervals Warm up 2 km 3 x 1,000 m in 4:30, 200 m jog recovery 4 x 400 m in 1:46–1:48, full recovery Cool down 2 km	Easy Run 7–8 km easy run	Rest Day	Pre-Race 20 min easy jog + 4 x 75 m strides	★ RACE DAY 10K Race	Shake Out Shake out jog or active recovery walk