



6 WEEK TRAINING PLAN – 10km Event, with your experience, you’re looking for a PB

- Match your ‘effort’ to the listed time.
- No focus or interest is given to distance or pacing.
- Note the recommended session work/rest ratio.
- Employ a shorter, lower to the ground running stride.
- The Walk:Run Method relates to Walk, briskly (minutes): Run (minutes).



WEEK 6

Date	Session	Intensity	Time	Details
MON	REST			
TUES	Building	Easy	30	A quick 2-3 minute warm up, then, pick it up to your easy all day effort & pace. All at your easy all-day effort over a flattish terrain.
WEDS	Tempo	Easy/Medium	30	After an easy 10 min start, pick it up to your medium effort.
THURS	Building	Easy	40	All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	10 min warm up – easy 30 min easy/ 10 min medium
SUN	Grass	Easy	20	20 mins easy on the grass and preferably with barefeet.

WEEK 5

MON	REST			
TUES	Building	Easy	40	A quick 2-3 minute warm up, then, pick it up to your easy all day effort & pace. All at your easy all-day effort over a flattish terrain.
WEDS	Tempo	Easy/Medium	30	After an easy 10 min start, pick it up to your medium effort.
THURS	Building	Easy	45	All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	10 min warm up – easy 25 min easy/ 15 min medium
SUN	Grass	Easy	20	20 mins easy on the grass and preferably with barefeet.

WEEK 4

MON	REST			
TUES	Building	Easy	40	A quick 2-3 minute warm up, then, pick it up to your easy all day effort & pace.

				All at your easy all-day effort over a flattish terrain.
WEDS	Tempo	Easy/Medium	30	After an easy 10 min start, pick it up to your medium effort.
THURS	Building	Easy	45	All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	10 min warm up – easy 5 easy/5 min hard = 10 x 4 = 40 mins
SUN	Grass	Easy	20	20 mins easy on the grass and preferably with barefeet.
WEEK 3				
MON	REST			
TUES	Building	Easy	40	A quick 2-3 minute warm up, then, pick it up to your easy all day effort & pace. All at your easy all-day effort over a flattish terrain.
WEDS	Tempo	Easy/Medium	30	After an easy 10 min start, pick it up to your medium effort.
THURS	Building	Easy	50	All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	10 min warm up – easy 5 easy/5 min hard = 10 x 4 = 40 mins
SUN	Grass	Easy	20	20 mins easy on the grass and preferably with barefeet.
WEEK 2				
MON	REST			
TUES	Building	Easy	40	A quick 2-3 minute warm up, then, pick it up to your easy all day effort & pace. All at your easy all-day effort over a flattish terrain.
WEDS	Tempo	Easy/Medium	30	After an easy 10 min start, pick it up to your medium effort.
THURS	Building	Easy	50	All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	10 min warm up – easy 3 easy/7 min hard = 10 x 4 = 40 mins
SUN	Grass	Easy	20	20 mins easy on the grass and preferably with barefeet.
RACE WEEK				
MON	REST			
TUES	Building	Easy	40	A quick 2-3 minute warm up, then, pick it up to your easy all day effort & pace. All at your easy all-day effort over a flattish terrain.
WEDS	Tempo	Easy/Medium	30	After an easy 10 min start, pick it up to your medium effort.
THURS	Building	Easy	50	All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT				
SUN	Race Day		?	A steady controlled start, building up to your sustainable fastest pace, hold, bring it home with everything you've got.

