

TRAINING PLAN // 10 KM

by Sebastian Hallmann



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week 1 //

30 min continuous run
Pace 8:00
20 min strength training

Rest day

Rest day

60 min continuous run
Pace 8:20

Rest day

24 min continuous run with tempo changes
10 min warm up and cool down
3 min, pace 7:00
3 min, pace 8:00

Rest day

Week 2 //

65 min continuous run
Pace 8:10

Rest day

Fartlek
10 min warm up and cool down
4 x 7 min
Pace 7:20
3 min recovery

15 min strength training

Rest day

30 min speedwork
15/10/5 min
Pace 8:30
Pace 7:45
Pace 7:00

Rest day

Week 3 //

75 min continuous run
Pace 8:30

Rest day

15 min strength training

45 min continuous run
Pace 8:00

20 min strength training

Fartlek
10 min warm up and cool down
5/8/5 min, pace 7:00
3/4 min recovery

Rest day

Week 4 //

80 min continuous run
Pace 8:30

Rest day

45 min continuous run
Pace 8:00
20 min strength training

Rest day

Rest day

Tempo run
10 min warm up and cool down
2 x 15 min, pace 7:10
5 min recovery

Rest day

Week 5 //

45 min continuous run
Pace 8:20

Rest day

Rest day

50 min continuous run
Pace 8:15
20 min strength training

Rest day

40 min speedwork
15/15/10 min
Pace 8:30
Pace 7:45
Pace 7:00

10 min strength training

Week 6 //

45 min continuous run
Pace 8:20
4 x 80 m sprints
Recovery: walk back to the start

Rest day

45 min continuous run
Pace 8:10
20 min strength training

Rest day

Rest day

Tempo run
10 min warm up and cool down
30 min
Pace 7:15
10 min recovery

Rest day



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 //	60 min continuous run Pace 8:30 15 min strength training	Rest day	Tempo run 10 min warm up and cool down 10 x 1 min Pace 6:40 2 min recovery	Rest day	30 min continuous run Pace 8:00	40 min continuous run Pace 8:20	20 min strength training
Week 8 //	70 min continuous run Pace 8:20	Rest day	40 min continuous run Pace 8:10 15 min strength training	Rest day	Rest day	Tempo run 10 min warm up and cool down 12 x 1 min, pace 6:45 1,5 min recovery	Rest day
Week 9 //	45 min continuous run Pace 8:20 20 min strength training	Rest day	30 min continuous run Pace 8:00	Rest day	15 min strength training	Rest day	45 min increasing tempo intervals 15/15/10/5 min Pace 8:15 Pace 7:45 Pace 7:15 Pace 6:45
Week 10 //	Rest day	40 min continuous run Pace 8:20 15 min strength training	Rest day	50 min continuous run Pace 8:30 20 min strength training	Rest day	Tempo run 10 min warm up and cool down 12 x 1 min, pace 6:45 1 min recovery	Rest day
Week 11 //	50 min continuous run Pace 8:20	Rest day	Rest day	30 min continuous run Pace 8:00 4 x 80 m sprints Recovery: walk back to the start	15 min strength training	Rest day	30 min increasing tempo intervals 15/10/5 min Pace 8:00 Pace 7:15 Pace 6:45
Week 12 //	Rest day	Tempo run 10 min warm up and cool down 8 x 1 min Pace 7:00	Rest day	30 min continuous run Pace 8:20	Rest day	20 min continuous run Pace 8:20 4 x 80 m sprints Recovery: walk back to the start	Rest day

