



TOP4RUNNING

GO FASTER. TOGETHER.

#TogetherWeFly #FasterTogether

Professional Training Plans for a new best time on 10km

Train like a professional and run a (new) best time at the #TogetherWeFly Virtual Race on 05.07.2020. 4-weeks Training Plans with Nike Running and Tom Gröschel, German Marathon Champion, 11th of the European Championships, and A-License Trainer.

AGENDA

- 1. INTRODUCTION**
- 2. PACE CHART**
- 3. TERM EXPLANATIONS**
- 4. WORKOUT INSTRUCTIONS & NTC/NRC TIPPS**
- 5. RUNNINGSHOE ADVISOR**
- 6. TRAINING PLANS**

1. Introduction

The different training plans are based on the average speed per 10km and are designed for professionals just as beginners. The following plans range from a target time of ≤ 35 min. to ≤ 65 min.

Before you start the training plan, read through all the information in order to be able to classify the terms and requirements correctly and get the most out of the training plan. First of all it is important to say:

The training plan includes different components of speed, endurance, technique and recovery. All are essential components, and none should be left out. The combination of them is key in order to stay injury-free, to become faster and ultimately to be able to compete at the highest level on race day. Particularly, the combination of the different runs (speed runs, interval runs, easy runs and long runs) will help you perform at your best on race day.

Adapt the training plan to your needs. This plan does not take your personal schedule, mood, the individual needs of your body or the weather into account. However, you should keep these two points in mind when adjusting the plan:

- Speed runs and long runs are essential for getting faster.
- Your weekly training should include two easy runs and 2 rest days. The rest days should be between the speed and long runs.

2. PACE CHART

What is my realistic target time?

For many of you, this is not a question because you continuously measure your pace while running.

However, if you are not sure what time you want to aim for a (new) best time on 10km, we recommend the following tips:

- Look at your last 10km runs and the average pace. Depending on this, set your new target time.
- If you have never tracked yourself before, run 10km and track your pace. Depending on how easy the run was for you, set a lower target time you want to reach.
- Set your new target time in relation to your best time on 10km in the last 2 months.

When calculating your target time, it is important to note that your target time should only be about 10% faster than your current average pace or best time. This training plan endures “only” for 4 weeks and you should not increase your running training or pace by more than 10% within one month. A larger increase can easily lead to injuries.

Which pace should I aim for the varying runs?

The training plan includes different levels of speed, effort and distance for your weekly runs. The pace of a speed run is logically not the same as for a long run. You will be aiming for different pace levels throughout your training, which will make it easier for

you to do the different runs correctly and to get better. We use different pace categories in the training plan, in which the different runs should be completed. We therefore refer in the training plans to:

Name	Level of effort	Explanation
Best Pace	100/100	The pace you can run on a distance that is shorter than 1km.
1-km Pace	90/100	The fastest pace you can run for 1km.
5-km Pace	70-80/100	The fastest pace you can run for 5km.
10km Pace	70/100	The fastest pace you can run for 10km.

Tempo Pace	60/100	This pace is a bit slower than your 10km pace and should help your body get used to the effort.
Recovery Pace	40-50/100	The pace is relaxed. You should be able to talk or sing while running. Runs in recovery pace are perfect for making it a social run with a friend.

Depending on your targeted finish time, the following pace chart may serve as a guide:

Best time 1km	Best time 5km	Best time 10km	Tempo Pace	Recovery Pace
3:00	16:51 (3:22 min/km)	35:00 (3:30 min/km)	3:35 min/km	4:50 min/km
3:15	18:22 (3:40 min/km)	38:00 (3:50 min/km)	3:55 min/km	5:15 min/km
3:30	20:30 (4:05 min/km)	42:00 (4:15 min/km)	4:20 min/km	5:35 min/km
3:50	22:00 (4:20 min/km)	45:00 (4:30 min/km)	4:35 min/km	5:40 min/km

Best time 1km	Best time 5km	Best time 10km	Tempo Pace	Recovery Pace
4:15	23:45 (4:45 min/km)	49:00 (4:55 min/km)	4:45 min/km	6:15 min/km
4:30	25:15 (5:05 min/km)	52:30 (5:15 min/km)	5:15 min/km	6:20 min/km
4:45	27:00 (5:05 min/km)	55:50 (5:25 min/km)	5:35 min/km	6:40 min/km
5:00	28:30 (5:35 min/km)	59:00 (5:50 min/km)	5:45 min/km	7:00 min/km
5:15	30:00 (6:00 min/km)	62:30 (6:15 min/km)	6:00 min/km	7:30 min/km
5:30	31:45 (6:15 min/km)	66:00 (6:30 min/km)	6:15 min/km	7:45 min/km
5:15	30:00 (6:00 min/km)	62:30 (6:15 min/km)	6:00 min/km	7:30 min/km
5:30	31:45 (6:15 min/km)	66:00 (6:30 min/km)	6:15 min/km	7:45 min/km
5:45	33:00 (6:45 min/km)	69:00 (6:55 min/km)	6:30 min/km	8:00 min/km
6:00	35:00 (6:55 min/km)	72:00 (7:10 min/km)	7:05 min/km	8:15 min/km

6:15	36:15 (7:20 min/km)	75:00 (7:35 min/km)	7:10 min/km	8:45 min/km
6:30	38:00 (7:30 min/km)	78:30 (7:50 min/km)	7:35 min/km	9:00 min/km
7:00	39:30 (8:00 min/km)	81:30 (8:15 min/km)	8:00 min/km	9:15 min/km

See your target pace as an average value - sometimes you will be slower, sometimes faster. You should not only concentrate on your pace, but **especially concentrate on your effort**. The pace is a guideline. Your speed depends on many factors (stress, fatigue, excessive increase, lack of sleep, etc.).



Tom Gröschel's expert advice:

“Be patient with yourself. Endurance training takes time. It is not about one hard training but rather about continuous training. If you train regularly, you will see the success. The important thing is that you also trust your completed training. Then the rest will come naturally.”

3. TERM EXPLANATIONS

TEMPO

Developing speed in running training is of central importance. In the training plan you will find different forms of training that train your pace. They can be summed up under the collective term **speed runs**.

Interval runs are classically part of a speed run workout. They include fast running (sprints) and recovery phases. Their goal is to get the body used to higher speeds. For the sprint part in intervals, you should choose a pace that comes close to your best pace (see pace chart). However, you should be able to complete the entire workout series. A running track is particularly suitable for intervals, but you can also do interval runs on the street/ in the park.

In **progressive runs** you start in a slow pace (recovery pace, see pace chart) and then increase during the run to finish at a faster pace (10km/5km pace, see pace chart).

Fartlek means speed game, and stands for the variation of different speeds in running. Fartleks help you to train your speed, but also your endurance. The important thing is not your average speed, but exactly this change of pace. Fartleks can take the form of very different ground paces, into which you integrate the differences in speed. This could mean running alternately one minute fast and one minute slower.

Hill reps, or also called mountain sprints, train your speed, but also your run specific leg strength. You run uphill and therefore the effort is much higher than in flat sprints. By strengthening the central running muscles, your running technique will improve significantly over time.

For a **tempo run**, you should choose a speed that you can maintain evenly for the given time. In this type of training you get your body used to a longer load, which is close to the actual competition load. Tempo runs are usually done in tempo pace (see pace chart).

TECHNIQUE

A good running technique is elementary for runners. The more effort you save when running, the faster you will be able to run. There are several methods to optimize running technique.

Strides are short technique runs of about 100 meters, where you start slowly and then gradually increase until you end in a fast running, almost sprinting (best pace, see pace chart). It is common to include strides in the training to prepare for the speed before doing intervals, for example.



Tom Gröschel's expert advice:

“After Recovery runs I recommend to do 2-3 strides with about 80-100m each. This should not be exhausting, you should rather pay attention to a clean running technique. The strides will help you get out of the rut and get a good step.”

Drills or also called running ABC help you to train your coordination. This form of training is especially useful for warming up before intervals. The exercises are done over a distance of about 20-30 meters, depending on the variant.

Regular **mobility workouts** are equally important. Mobility is important to maintain your agility and prevent injuries. Closely related to this are so-called **core workouts**, which help you to develop a stable body center. Mobility and core workouts should be integrated regularly into your training, ideally on rest days. In the section “Workout instructions and NTC/NRC Tipps” you will find different exercises and tips for drills, mobility and core workouts.



Tom Gröschel's expert advice

“A good technique is very important in order to not lose energy unnecessarily while running. Over a longer distance, it means that you can maintain a higher speed for a longer time by running more efficiently. Most runners are not fans of running ABC. However, I recommend you not to neglect these exercises. You will see how it will help you.”

ENDURANCE

Endurance is specifically trained in the training form **long run**. These runs help you to get used to a longer physical but also mental load. Depending on your daily form, you do long runs at a pace slower than your 10km pace (see pace chart).

RECOVERY

The right combination of loading and unloading is the key to success. **Easy runs** or also called recovery runs (recovery pace, see pace chart) offer you the necessary recovery from fast and hard units. Your training plan will also include **rest days**. You should not run on these days and allow your body to recover.



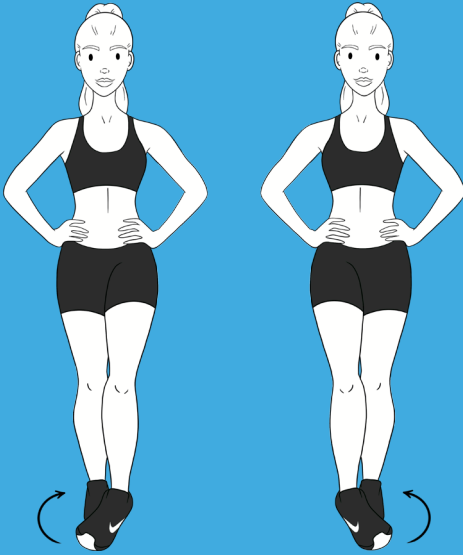
Tom Gröschel's expert advice:

“The right combination of stress and recovery is important for a successful performance development. Recovery is often underestimated in training, but it is elementary that the training stimulus can have the right effect. If you just don't feel so well, take a day off or do some alternative training.”

4. WORKOUT INSTRUCTIONS & NTC/ NRC TIPS

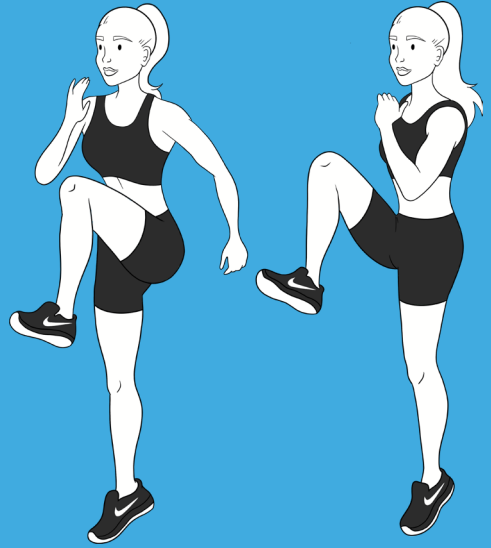
DRILLS

Top4Drills



Ankle circles

(20 x both directions,
both legs)



A-Skips

(3 x 30 sec)

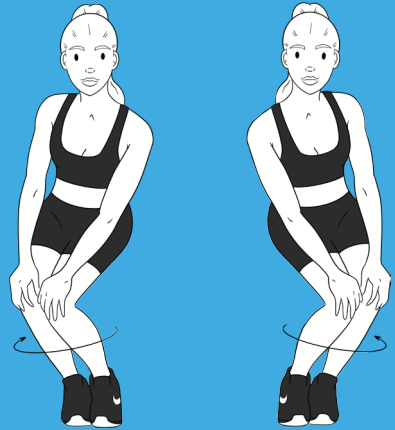
DRILLS

Top4Drills



High Knees

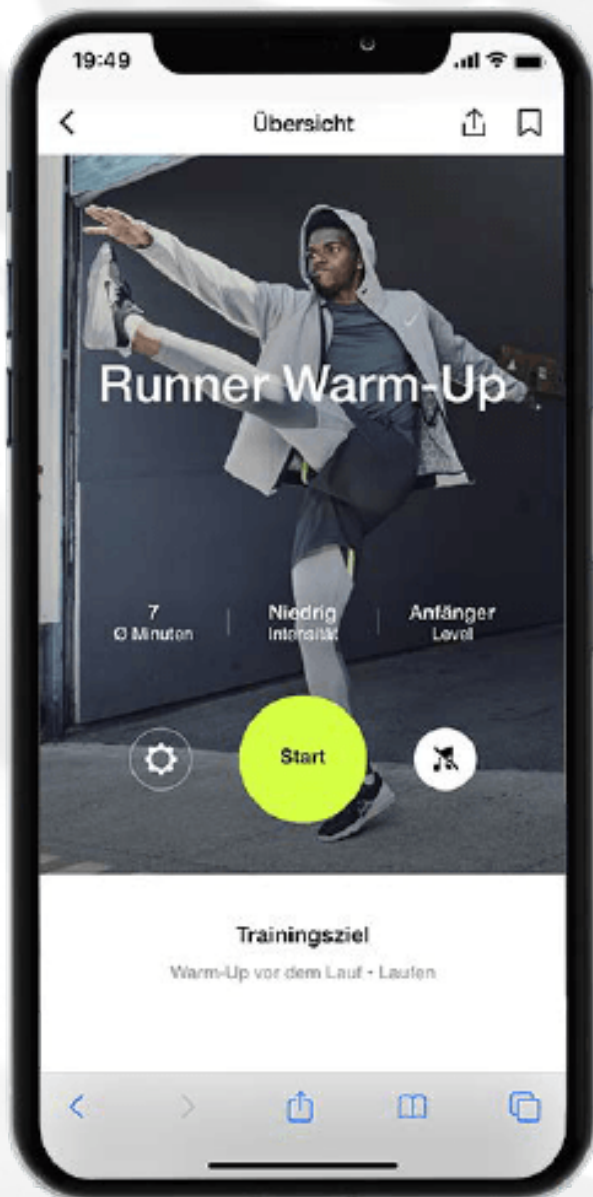
(3 x 30 sec)



Wash the Knees

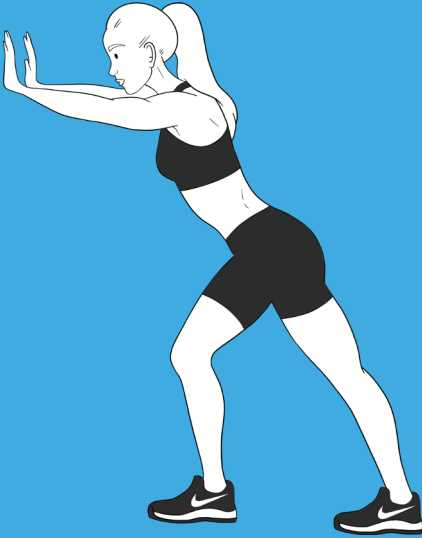
(20 x both directions)

Additionally, we recommend you the following warm up in the NTC (Nike Training Club) app:



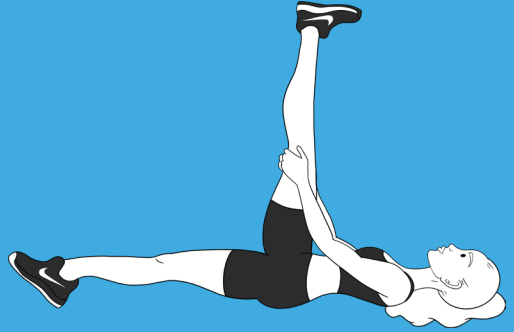
MOBILITY/ STRETCHING

Top4Stretches



Calf Stretch

(3 x 1 min, both legs)

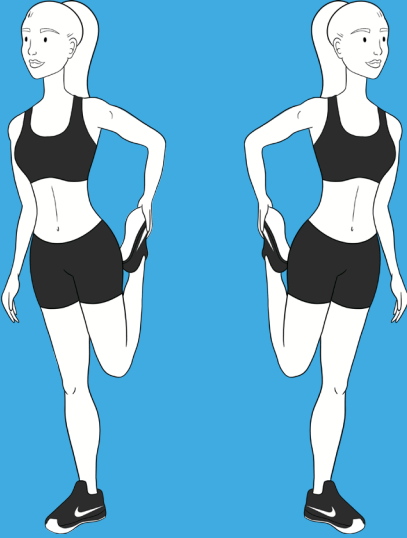


Hamstring Stretch

(1 min, both legs)

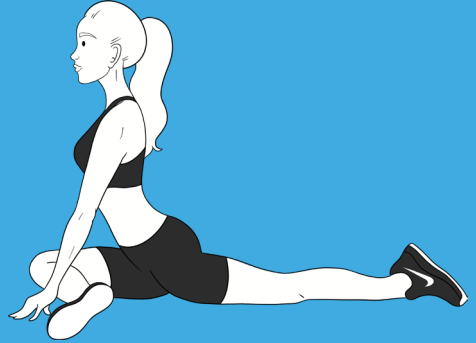
MOBILITY/ STRETCHING

Top4Stretches



Quad Stretch

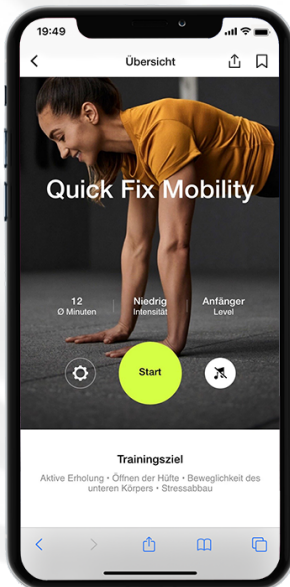
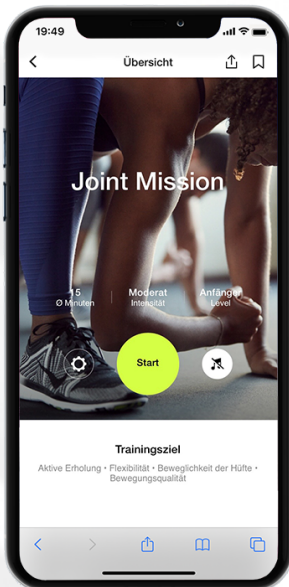
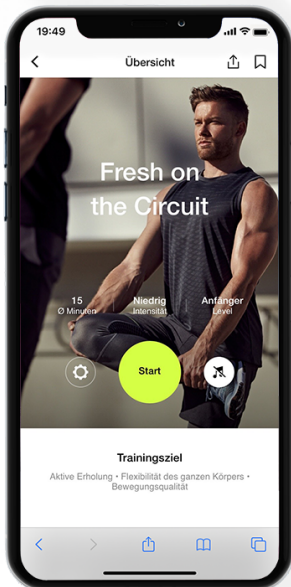
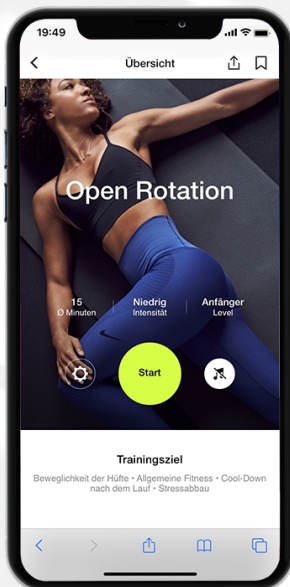
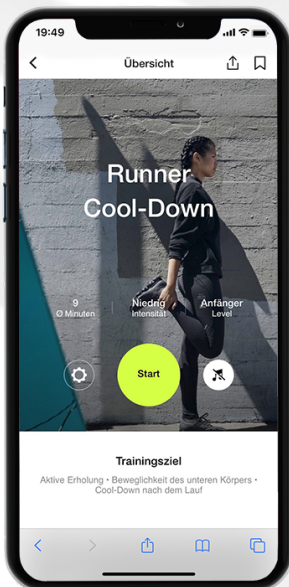
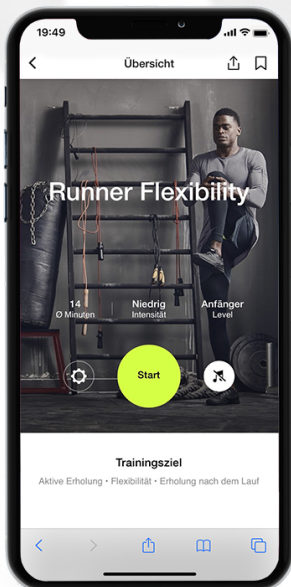
(1 min, both legs)



Glute Stretch

(1,30 min, both legs)

Additionally, we recommend you the following workouts in the NTC (Nike Training Club) app:



STRENGTH

Top4CoreWorkouts

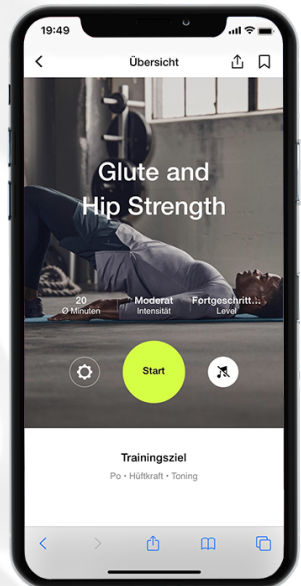
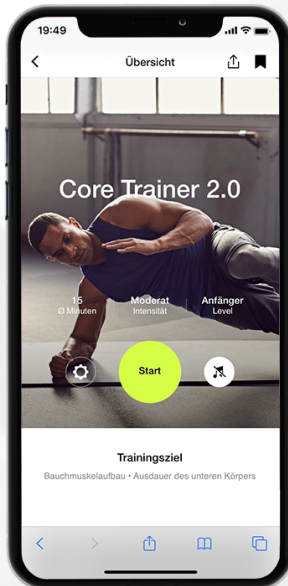
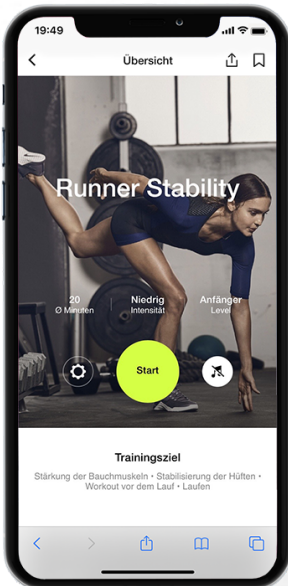
Plank (3 x 45 sec)

Side-Plank Left (3 x 45 sec)

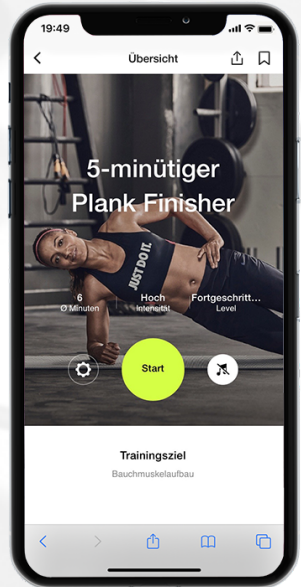
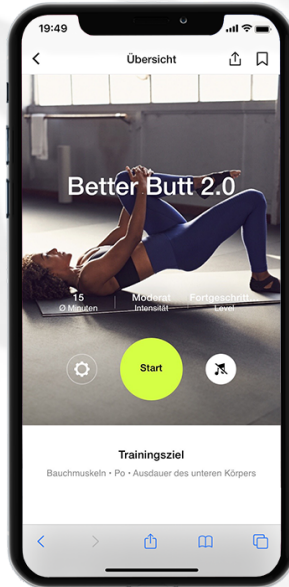
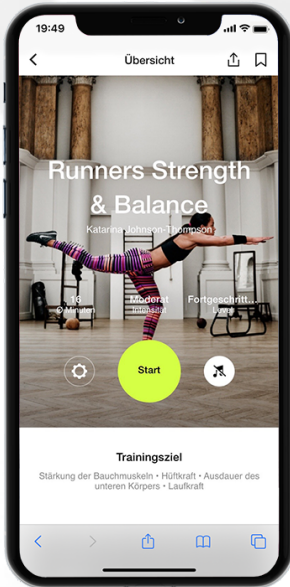
Side-Plank Right (3 x 45 sec)

Situps (3 x 20 stk.)

Additionally, we recommend you the following workouts in the NTC (Nike Training Club) app:

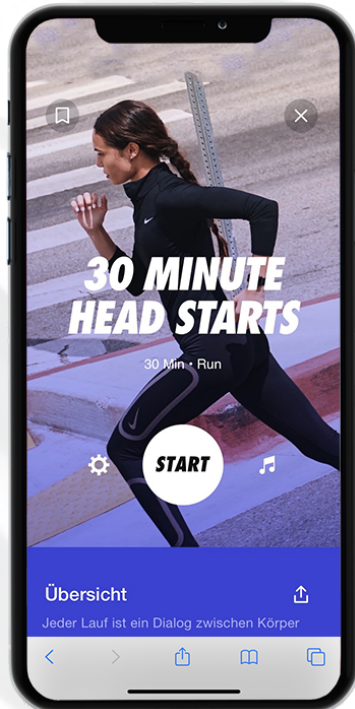
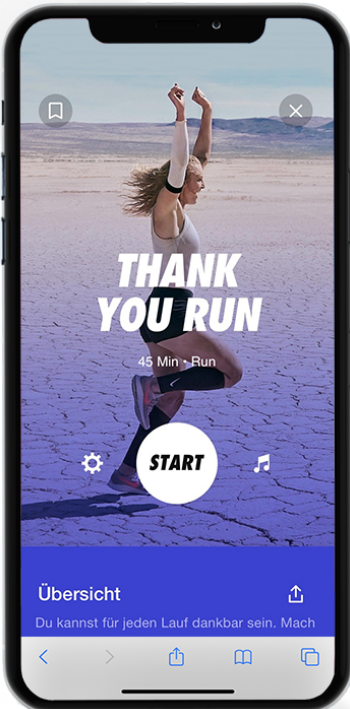
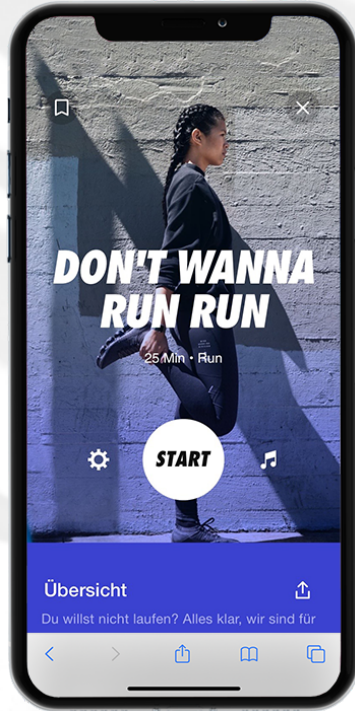
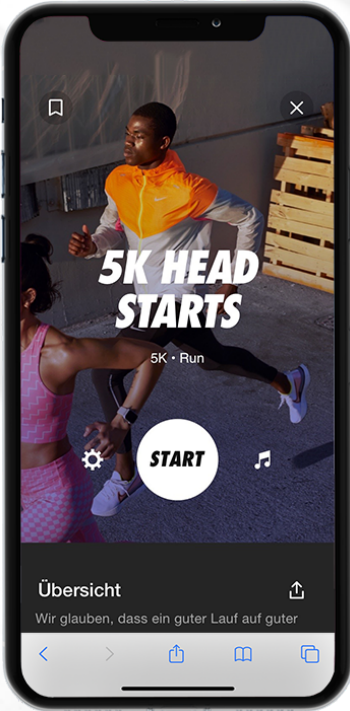


STRENGTH



AUDIO GUIDED RUNS

If you find it hard to motivate yourself, we recommend the Audio Guided Runs of the NRC (Nike Running Club) app. The app offers you the possibility to get motivated by the Nike Running Coaches during your run directly to your ear.



5. RUNNING SHOE ADVISOR

Different running shoes are also suitable for different types of runs – training, race or easy runs. Below are some of the most popular running shoes from Nike Running, divided into the categories of training, race and recovery. In addition, we give you a recommendation for which level (beginner, advanced or professional) the shoes are suitable and classify the strength of their cushioning: soft, responsive, direct.



TRAINING

Air Zoom Pegasus 37

EVERYDAY RESPONSIVE TRAINING.

“The legend of Nike’s running shoes - you know what you’re running in.”



The Nike Air Zoom Pegasus 37 is a durable, lightweight training shoe for everyday use. The Nike React foam in the midsole is light, springy and durable. More foam provides better cushioning without unnecessary weight and allows optimal responsiveness. The Air Zoom element on the forefoot provides more cushioning with every step.

Weight:

235 g (Women's Shoesize 41)

285 g (Men's Shoesize 44)

Offset:

10 mm (Forefoot: 14 mm, Heel: 24 mm)

Cushioning:

Nike Air Zoom-Foam (medium-soft)

Runner Profile:

Beginner - Professional

Type of Run:

Long-Run, Speed Run, Race (for Beginner)



Zoom Pegasus Turbo 2

MORE TURBO FOR YOUR LONG RUNS.

“Nike’s Legend with more turbo for advanced runners.”



The Nike Zoom Pegasus Turbo 2 with its innovative foam gives you unsurpassed responsiveness when training for long-distance runs. The ultra-lightweight Nike ZoomX mid-sole delivers the highest energy return ever in Nike Running footwear. Additional foam provides lightweight cushioning with every step.

Weight:

231 g (Men's Shoesize 44)

Offset:

8 mm (Forefoot: 16 mm, Heel: 24 mm)

Cushioning:

Nike ZoomX-Foam (very soft)

Runner Profile:

Advanced - Professional

Type of Run:

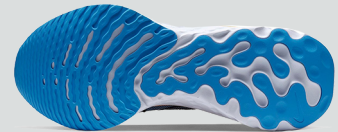
Long Run, Speed Run, Interval Run, Race (for Advanced)



React Infinity Run Flyknit

DEVELOPED TO KEEP ON RUNNING, FEARLESSLY.

“The shoe that helps to reduce the risk of running related injury.”



The Nike React Infinity Run Flyknit is designed to reduce the risk of running injury and ensures a stable, safe run. The Flyknit technology is very durable, it has three different layers that provide a secure grip. The wider shape also guarantees a stable running feeling. The shape of the Nike React foam midsole provides targeted performance and support for a runner's three stride cycles - flexibility when pushing down

over the toes, a smooth midsole feel and cushioning when touching down.

Weight:

229 g (Women's Shoesize 38-39)

291 g (Men's Shoesize 42)

Offset:

8,4 mm (Forefoot: 22,5 mm, Heel: 30,9 mm)

Cushioning:

Nike React-Foam (medium-soft)

Runner Profile:

Beginner - Professional

Type of Run:

Recovery Run, Long Run, Speed Run and Race (for Beginner)



RACE

Zoom Fly 3

A RACESHOE WITH POWER.

“The ideal racing shoe when it doesn’t have to be the NEXT%.”



Inspired by the Vaporfly, the Nike Zoom Fly 3 offers long distance runners comfort and durability on race day. The carbon fiber plate provides propulsion so you can run kilometer after kilometer. The full-length Nike React midsole combines cushioning and responsiveness with lightweight, durable foam for a smooth ride. The carbon fiber plate in the midsole can reduce or increase the number of fiber layers to provide

maximum flexibility while running.

Weight:

274g (Men's Shoesize 43)

Offset:

11 mm (Forefoot: 23 mm, Heel: 34 mm)

Cushioning:

Nike React-Foam, Carbon Plate (direct)

Runner Profile:

Advanced

Type of Run:

Race, Speed Run, Long Run



ZoomX Vaporfly NEXT%

DEVELOPED IN THE LAB AND VERIFIED BY RECORDS.

“Last year’s most popular and fastest racing shoe.”



The Nike ZoomX Vaporfly NEXT% delivers breakthrough speeds with a lightweight design and fast feel. Nike ZoomX Foam delivers the highest energy return ever from Nike Running. The Next% has even more ZoomX for responsive comfort on race day. A full-length carbon fiber plate in the midsole prevents energy loss in the toe area. The updated lacing is complemented by lightweight side sashes. This eliminates the need for an arch strap to reduce the weight of the shoe and the pressure on your tendons. This version also has

a wider toe box to provide a wider fit and activate the forefoot muscles.

Weight:

240g (Men's Shoesize 43)

Offset:

8mm

Cushioning:

ZoomX-Foam, Carbon Plate (responsive)

Runner Profile:

Advanced - Professional

Type of Run:

Race



Air Zoom Alphafly NEXT%

THE FASTEST SHOE IN THE WORLD.

“Eliud Kipchoge wore the prototype in fall 2019 when he became the first man to run a marathon in under two hours.”



The Nike Air Zoom Alphafly NEXT% is made to set new personal bests with its reactive foam and two visible air elements. The Nike ZoomX Foam is incredibly responsive and lightweight for optimal energy return and impact protection while running. Combined with two slim, visible Zoom Air panels, it provides the most energy return of any of Nike's running shoes, while the full-length carbon fiber panel provides a dynamic feel with every step. The Alphafly has the latest version of Flyknit - AtomKnit. The Flyknit material is

cushioned and elastic and offers a lightweight, contoured fit with minimal water absorption and improved breathability. Traction for different directions has been placed in the outsole at the crucial points. The result is grip when pushing off over the toes at all stages of your run.

Weight:

210 g (Women's Shoesize 39)

220 g (Men's Shoesize 44)

Offset:

4 mm (Forefoot: 35 mm, Heel: 39 mm)

Cushioning:

ZoomX-Foam, Carbon Plate (responsive)

Runner Profile:

Advanced - Professional

Type of Run:

Race



RECOVERY

Joyride Run Flyknit

Revolutionary Cushioning for your Recovery Runs.
"A treat for your legs on your easy runs."



The Nike Joyride Run Flyknit was designed for a smooth running experience. Small foam beads adapt to your foot and provide cushioning to withstand every step. Four strategically placed pockets underneath the foot contain small foam beads. They are compressible and adapt with every step to provide excellent shock absorption and a stable feel.

Flyknit material encloses the foot from the inside to the back of the foot for a secure, non-slip fit.

Weight:

261 g (Women's Shoesize 39)

323 g (Men's Shoesize 44)

Offset:

8 mm (Forefoot: 32 mm, Heel: 24 mm)

Cushioning:

Nike React beads (soft)

Runner Profile:

Beginner - Professional

Type of Run:

Easy Run



6. TRAINING PLAN

10 km

≤35 Min	WEEK 1
Monday	30 min Mobility Workout
Tuesday	Interval Run: 15 min Warm Up/ 5-8 Drills/ 3 Strides/ 20x 200m in 37-39 sec, Rest = half distance/ Cool Down
Wednesday	Rest day
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 6x1000m on the Track in 3:30-3:25 min/km, Rest = 2-3min/ Cool Down
Saturday	40 min Easy Run or Cycling
Sunday	80 min Long Run

≤35 Min	WEEK 2
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ 5-8 Drills/ 3 Strides/ 10x 400m in 76-78 sec, Rest = 60 sec/ Cool Down
Wednesday	Rest day
Thursday	50 min Fartlek: Tempo changes
Friday	80 min Long Run
Saturday	40 min Swimming or Core Workout
Sunday	Interval Run: Warm Up/ Drills/ Strides/ 3x 2000m on the Track in 3:35-3:30 min/km/ Cool Down

≤35 Min	WEEK 3
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ 5-8 Drills/ 3 Strides/ 10x 400m in 76-78 sec, Rest = 60 sec/ Cool Down
Wednesday	40 min Easy Run
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 8x1000m on the Track in 3:25-3:20 min/km, Rest = 2-3min/ Cool Down
Saturday	45 min Easy Run
Sunday	70 min Long Run

≤35 Min	WEEK 4
Monday	30 min Core Workout
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 3:30 min/km, 2km in 3:25 min/km, 1km 3:20 in min/km, Rest = 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run/ Mobility Workout
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km

10 km

≤40 Min	WEEK 1
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 10x 200m in 10km Race Pace, Rest = half distance/ Cool Down
Wednesday	Rest day
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	80 min Long Run
Saturday	40 min Easy Run or Cycling
Sunday	Interval Run: Warm Up/ Drills/ Strides/ 6x 1000m on the Track in 4:00-3:55 min/km/ Cool Down

≤40 Min	WEEK 2
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 300m in 10km Race Pace, Rest = half distance/ Cool Down
Wednesday	Rest day
Thursday	50 min Fartlek: Tempo changes
Friday	80 min Long Run
Saturday	60 min Cycling or Rest day
Sunday	70 min Long Run

≤40 Min	WEEK 3
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 10x 400m in 10km Race Pace, Rest= 60 sec/ Cool Down
Wednesday	30 min Mobility Workout
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 8x1000m on the Track in 3:55-3:45 min/km, Rest = 2-3min/ Cool Down
Saturday	45 min Swimming
Sunday	70 min Long Run

≤40 Min	WEEK 4
Monday	Rest day
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 4:00 min/km, 2km in 3:55 min/km, 1km 3:45 in min/km Rest = 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run/ Mobility Workout
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km

10 km

≤45 Min	WEEK 1
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 15x 200m in 10km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	Rest day
Thursday	50 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace
Friday	70 min Long Run
Saturday	60 min Cycling
Sunday	Interval Run: 1min/2min/3min/2min/1min in 10km Pace, Rest = time of intervals

≤45 Min	WEEK 2
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	Rest day
Thursday	40 min Easy Run
Friday	50 min Fartlek: Tempo changes
Saturday	60 min Cycling or Rest day
Sunday	70 min Long Run

≤45 Min	WEEK 3
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 8x1000m on the Track in 4:25-4:15 min/km, Rest = 2-3min/ Cool Down
Saturday	Rest day
Sunday	70 min Long Run

≤45 Min	WEEK 4
Monday	Rest day
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 4:30 min/km, 2km in 4:25 min/km, 1km 4:15 in min/km, Rest = 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run or Rest Day
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km

10 km

≤50 Min	WEEK 1
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 15x 200m in 10km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	50 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace
Friday	Rest day
Saturday	40 min Easy Run
Sunday	Interval Run: 1min/2min/3min/2min/1min in 10km Pace, Rest= time of intervals

≤50 Min	WEEK 2
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Rest day
Saturday	45 min Swimming
Sunday	60 min Tempo Run: 10 min in 10km Pace/ 5 Strides in the end

≤50 Min	WEEK 3
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 5km Pace, Rest= 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 8x1000m on the Track in 5:00-4:50 min/km, Rest = 2-3min/ Cool Down
Saturday	Rest day
Sunday	70 min Long Run

≤50 Min	WEEK 4
Monday	30 min Core Workout
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 5:00 min/km, 2km in 4:55 min/km, 1km 4:45 in min/km, Rest= 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run or Rest day
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km

10 km

≤55 Min	WEEK 1
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 10km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	Rest day
Thursday	50 min Easy Run
Friday	Rest day
Saturday	45 min Swimming
Sunday	Interval Run: 1min/2min/3min/2min/1min in 10km Pace, Rest = time of intervals

≤55 Min	WEEK 2
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 8x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Rest day
Saturday	60 min Cycling
Sunday	50 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace

≤55 Min	WEEK 3
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 10x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	Rest day
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 7-8x1000m on the Track in 5:30-5:20 min/km, Rest = 2-3min/ Cool Down
Saturday	30 min Mobility Workout
Sunday	70 min Long Run

≤55 Min	WEEK 4
Monday	30 min Core Workout
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 5:30 min/km, 2km in 5:25 min/km, 1km 5:15 in min/km, Rest= 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run or Rest day
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km

10 km

≤60 Min	WEEK 1
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 10km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	50 min Easy Run
Friday	Rest day
Saturday	30 min Mobility Workout
Sunday	50 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace

≤60 Min	WEEK 2
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 8x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	40 min Easy Run
Thursday	40 min Fartlek: Tempo changes
Friday	30 min Mobility Workout
Saturday	Rest day
Sunday	60 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace

≤60 Min	WEEK 3
Monday	40 min Easy Run
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 10x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	Rest day
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 7-8x1000m on the Track in 6:00-5:55 min/km, Rest = 2-3min/ Cool Down
Saturday	30 min Mobility Workout
Sunday	70 min Long Run

≤60 Min	WEEK 4
Monday	Rest day
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 6:00 min/km, 2km in 5:55 min/km, 1km 5:45 in min/km, Rest= 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run or Rest day
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km

10 km

≤65 Min	WEEK 1
Monday	Rest day
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 12x 200m in 10km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	30 min Mobility Workout
Thursday	50 min Easy Run
Friday	Rest day
Saturday	40 min Easy Run/ 30 min Core Workout
Sunday	50 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace

≤65 Min	WEEK 2
Monday	30 min Core Workout
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 8x 200m in 5km Pace, Rest= 100m walking 100m jogging/ Cool down
Wednesday	Rest day
Thursday	50 min Easy Run
Friday	30 min Mobility Workout
Saturday	Rest day
Sunday	50 min Progressive Run: Start in Recovery Pace - finish in 5/10km Pace

≤65 Min	WEEK 3
Monday	40 min Easy Run
Tuesday	Interval Run: 15 min Warm Up/ Drills/ 3 Strides/ 10x 200m in 5km Pace, Rest = 100m walking, 100m jogging/ Cool down
Wednesday	Rest day
Thursday	45 min Easy Run/ 15 min Core Workout before the run
Friday	Interval Run: Warm Up/ Drills/ Strides/ 7-8x1000m on the Track in 6:30-6:20 min/km, Rest = 2-3min/ Cool Down
Saturday	30 min Mobility Workout
Sunday	70 min Long Run

≤65 Min	WEEK 4
Monday	Rest day
Tuesday	Interval Run: Warm Up/ Drills/ Strides/ 3km in 6:30 min/km, 2km in 6:25 min/km, 1km 6:15 in min/km, Rest = 3 min/ Cool Down
Wednesday	35 min Easy Run
Thursday	40 min Easy Run or Rest day
Friday	Rest day
Saturday	30 min Easy Run/ 3 Strides
Sunday	Race Day 10km