



Advance from 5km to 10km Training Plan



Week Number	Day One Easy workout	Day Two Speed Endurance	Day Three Easy or Cross Training	Day Four Endurance
1	30 Min Easy	Fartlek. 15 Min Easy. 8 X (30 sec hard, 90 Sec easy) Easy run to Total 40 Min.	30 Min Easy Or 30 to 45 Min Cross Training	5km to 6km Easy Run
2	30 Min Easy. Finish with 4 X 20 Sec Stride outs in the last 5 Min.	Hills. 20 Min Easy. 6 X 30 Sec Hill Sprints. Jog down to recover. Easy Run to Total 40 Min.	30 Min Easy Or 30 to 45 Min Cross Training	5km to 7km Easy Run
3	35 Min Easy. Finish with 6 X 20 Sec Stride outs in the last 5 Min.	Fartlek. 15 Min Easy. 10 X (1 Min hard, 1 Min easy) Easy run to Total 45 Min.	30 Min Easy Or 30 to 45 Min Cross Training	6km to 7km Easy Run
4	35 Min Easy. Finish with 6 X 20 Sec Stride outs in the last 5 Min.	Tempo. 20 Min Easy. 4 X (3 Min at Comfortably hard pace with 3 Min recovery). Finish Easy to total 50 Min.	30 Min Easy Or 30 to 45 Min Cross Training	6km to 8km Easy Run
5	40 Min Easy. Finish with 6 X 20 Sec Stride outs in the last 5 Min.	Hills. 20 Min Easy. 8 X 45 Sec Hill Sprints. Jog down to recover. Easy Run to Total 45 Min.	30 Min Easy Or 30 to 60 Min Cross Training	7km to 9km Easy Run
6	45 Min Easy. Finish with 6 X 20 Sec Stride outs in the last 5 Min.	Tempo. 20 Min Easy. 3 X (5 Min at Comfortably hard pace with 2.5 Min recovery). Finish Easy to total 50 Min.	30 Min Easy Or 30 to 60 Min Cross Training	9km to 10km Easy Run
7	45 Min Easy. Finish with 6 X 20 Sec Stride outs in the last 5 Min.	Fartlek. 15 Min Easy. 10 X (1 Min hard, 1 Min easy) Easy run to Total 45 Min.	30 Min Easy Or 30 to 45 Min Cross Training	TIMED 10K RUN OR 10K RACE.