



Harewood 10K

12-week Training Plan for Experienced Runners

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	30 mins Recovery run + Stretch	10 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	10 mins warm-up, 4 x 5 mins at Threshold effort on undulating terrain with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	10 mins warm-up, 3 x 6 mins Kenyan Hills with 2 mins jog recovery, 10 mins cool-down + Stretch	60 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 2	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	10 mins warm-up, 4 x 5 mins at Threshold effort on undulating terrain with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	40 mins Steady undulating run - push the effort on the hills to 90% + Stretch	60 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 3	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	40 mins Steady undulating run - push the effort on the hills to 85-90% + Stretch	REST	15 mins warm-up, 4 x 5 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 4	REST	15 mins warm-up, 4 x 5 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross-Training + Stretch	45 mins Easy run + Stretch	REST	5k Park Run	75 mins Long run - Easy/Steady effort + off-road if possible + Stretch

week 5	40 mins Recovery run + Stretch	45 mins Cross-Training + Stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Easy run + Stretch	15 mins warm-up, 4 x 5 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	45 mins Long run - Easy effort + Stretch
week 6	45 mins Recovery run + Stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	30 mins run including 6 x 2 mins at 5k (95%) effort with 60 secs jog recovery between efforts + Stretch	REST	15 mins warm-up, 6 x 5 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 7	Rest, Yoga or Pilates + Stretch	45 mins Recovery run + Stretch	50 mins run including middle 20 mins at Threshold effort + Stretch	45 mins Cross-Training + Stretch	REST	15 mins warm-up, 2 x 2 miles at 10k race pace with 5 mins jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Long run - Easy effort + Stretch
week 8	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	30 mins run including 6 x 2 mins at 5k (95%) effort with 60 secs jog recovery between efforts + Stretch	REST	15 mins warm-up, 6 x 5 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 9	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	50 mins Steady run + Stretch	REST	15 mins warm-up, 2 set: 3 x 3 mins at 5k (95%) pace with 60 secs jog recovery between efforts/3 mins recovery between sets, 15 mins cool-down	90 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 10	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 6 x 3 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 5 x 60 secs at 5k (95%) effort with 30 secs jog recovery between efforts, 15 mins cool-down + Stretch	15 mins Recovery run 5 x 20 secs strides + Stretch	5k Park Run	60 mins Long run - Easy/Steady effort + off-road if possible + Stretch

week 11	Rest, Yoga or Pilates + Stretch	45 mins Cross-Training + Stretch	10 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	15 mins warm-up, 6 x 5 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + Stretch	45 mins Long run - Easy effort + Stretch
	REST	15 mins warm-up, 5 x 3 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + Stretch	40 mins Easy run including strides + Stretch	REST	15 mins Recovery run including 5 x 20 secs strides + Stretch	Harewood 10K
week 12							