

# IMPROVER'S 10K PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	RUN 30-MINS	REST	RUN 20-MINS STRENGTH TRAINING & STRETCHING	REST	HILL TRAINING 30-MINS HILL REPEATS RUN UP; JOG DOWN TO RECOVER	REST	RUN 45-MINS
WEEK 2	REST	RUN 5-MINS WARM UP THEN: 5-MINS QUICK; 5-MINS EASY REPEAT X 3	REST	RUN 20-MINS STRENGTH TRAINING & STRETCHING	CROSS TRAINING / CIRCUIT CLASS / SWIM / OR BIKE 45-MINS	REST	RUN 45-MINS
WEEK 3	RUN 30-MINS RUN 5-MINS FAST	REST	RUN 20-MINS STRENGTH TRAINING & STRETCHING	REST	REST	HILL TRAINING 30-MINS HILL REPEATS RUN UP; JOG DOWN TO RECOVER	RUN 45-MINS
WEEK 4	REST	RUN 20-MINS STRENGTH TRAINING & STRETCHING	REST	RUN 30-MINS RUN 5-MINS FAST RUN 10-MINS	CROSS TRAINING / CIRCUIT CLASS / SWIM / OR BIKE FOR 45-MINS	REST	RUN 50-MINS WITH 5-MINS EASY; 5-MINS FASTER REPEAT X 5
WEEK 5	RUN 20-MINS	REST	RUN 30-MINS STRENGTH TRAINING & STRETCHING	RUN 40-MINS	REST	REST	RUN 60-MINS WITH 5-MINS EASY; 5-MINS FASTER REPEAT X 6
WEEK 6	REST	RUN 30-MINS STRENGTH TRAINING & STRETCHING	CROSS TRAINING / CIRCUIT CLASS / SWIM / OR BIKE FOR 45-MINS	REST	RUN 20-MINS EASY	REST	RUN 10K