

6 weeks 10k Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/07/2011	5miles easy	speed session	6miles fartlek	10 min warm up, 15 min at 10k pace, 10 min warm down	REST	12 x 400 with 90 sec recovery	8miles slow
25/07/2011	5miles steady	speed session	5 miles easy	10 min warm up, 20 min at 10k pace, 10 min warm down	REST	6 x 800with 2min rec then 3 min rec then 4 x 200 x 90sec rec	10 miles slow
01/08/2011	6miles easy	speed session	7 miles fartlek	10 min warm up 25 min at 10k pace 10 min warm down	REST	6 x 600 with 90 sec rec then 3min rec then 4 x200 x 90 sec rec	12 miles slow
08/08/2011	6miles steady	speed session	6 mile steady	10 min warm up 30 min at 10k pace, 10 min warm down	REST	4 x 400 with 90sec rec then 3min then 4 x600x 2min rec	10 miles slow
15/08/2011	5miles easy	speed session	6mile fartlek	10 min warm up 25 min at 10k pace 10 min warm down	REST	10 x 400 with 90 sec rec	1hr easy
22/08/2011	5miles easy	speed session	6 miles steady with a few surges	rest	REST	20 to 30 min very easy	race

You can move the days around if you must but try to complete the whole weekly sessions

If you want you can run 30 min in the morning on Tuesday and Friday

steady run is done at 20 sec slower than 10k pace

easy run is done at 30 sec slower than 10k pace

slow run is done at 1 min slower than 10k pace enjoy