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| 10k in 60min  |  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|  |  |  |  |  |  |  |  |   |
| Week 1 |  | Recovery  | 7min tempo  | Recovery  | 3min x 5 90 sec walking recovery  |  20 min easy run  | Recovery  | 33min easy long run  |
| 2 |  | Recovery  | 8min tempo  | Recovery  | 1,2,3,4,3,2,1min with half recoveries |  23 min easy run  | Recovery  | 35min easy long run |
| 3 |  | Recovery  | 9min tempo or 8-10 20sec hills  | Recovery  | 4min x 4 20min walking recovery  |  25min easy run  | Recovery  | 40min easy long run  |
| 4 |  | Recovery  | 10min tempo  | Recovery  | 1,1,2,2,3,3,4,4With half recovery  |  25min easy run  | Recovery  | parkrun  |
| 5 |  | Recovery  | 10min tempo  | Recovery  | 5min x 4 With 2min walking recovery  |  28min easy run  | Recovery  | 40min easy run long run  |
| 6 |  | Recovery  | 12 min tempo  | Recovery  | 3min x6 90 sec easy jog or walking recovery  |  30 min easy run  | Recovery  | 45min easy long run  |
| 7 |  | Recovery  | 12 min tempo plus 4 x 15sec hills  | Recovery  | 4min x2 90sec rec 2min x 4 45sec rec 4min x 2 90 sec rec  |  30min easy run  | Recovery  | 50min easy long run  |
| 8 |  | Recovery  | 14 min tempo plus 4 x 15 sec hills  | Recovery  | 4min x 5 with 90 sec easy jog or walk recovery  | 30min easy run  | Recovery  | 55 min easy long run  |
| 9 |  | Recovery  | 16 min tempo plus 4 x 15 sec hills  | Recovery | 1,2,3,4,4,3,2,1min with easy jog or walk half recovery  | 30min easy run  | Recovery  | 60min easy long run  |
| 10 |  | Recovery  | 18 min tempo  | Recovery  | 5min x 4 90 sec easy jog recovery  | 30min easy run  | Recovery  | 60min easy long run  |
| 11 |  | Recovery  | 16min tempo  | Recovery  | 1min x12 45sec recovery  | 30 min easy run  | Recovery  | 40min easy long run  |
| 12 |  | Recovery  |  3min x6 90 sec rec  | Recovery  | 30min easy  | 20min easy run with 4 strides 70%x1 80%x290%x1  | Recovery  | RACE DAY  |

This plan is the break 60min plan