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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 | 1,1,2,2,3,3,4,4  With 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%x2  90%x1 | Recovery | RACE DAY |

This plan is the break 60min plan