

7 ROCKY RIVER RUN BEGINNER 10km 10-WEEK TRAINING PLAN

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1 – MAR 19	Flex day	Reg run 30mins	Rest	Reg run 30mins	Rest	Rest	Long run 40mins
2 – MAR 26	Flex day	Reg run 35mins	Rest	Reg run 35mins	Rest	Rest	Long run 50mins
3 – APR 02	Flex day	Reg run 40mins	Rest	Interval 4 x 30sec 40mins	Rest	Rest	Long run 60mins
4 – APR 09	Flex day	Hills 4 x 400m 40mins	Rest	Interval 4 x 30sec 40mins	Reg run 30mins	Rest	Long run 50mins
5 – APR 16	Flex day	Reg run 35mins	Rest	Tempo 30mins	Rest	Own pace 25mins	Long run 60mins
6 – APR 23	Flex day	Hills 5 x 400m 40mins	Rest	Tempo 35mins	Rest	Own pace 25mins	Long run 70mins
7 – APR 30	Flex day	Reg run 45mins	Rest	Interval 4 x 3mins 50mins	Rest	Own pace 30mins	Long run 60mins
6 – May 07	Flex day	Hills 6 x 400m 50mins	Rest	Reg run 50mins	Reg run 30mins	Rest	Long run 75mins
9 – MAY 14	Flex day	Reg run 40mins	Rest	Interval 4 x 30sec 30mins	Reg run 30mins	Rest	Long run 50mins
10 – MAY 21	Flex day	Reg run 30mins	Rest	Interval 4 x 30sec 20mins	Reg run 20mins	Rest	RACE DAY MAY 27