

10km Training Program from 5km base

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	5km	Rest	Rest	5km	Rest	4km/30 sec sprint x 5	Rest
2	6km	Rest	Rest	5km	Rest	4km/Hill	Rest
3	6km	Rest	Rest	5km	Rest	5km with tempo 5 min.	Rest
4	7km	Rest	Rest	5km	Rest	5km/Hill repeat x 2	Rest
5	8km	Rest	Rest	5km	Rest	4km/30 sec sprint x 10	Rest
6	9km	Rest	Rest	5km	Rest	5km/Hill repeat x 3	Rest
7	9km	Rest	Rest	6km	Rest	5km with tempo 8 min.	Rest
8	10km	Rest	Rest	5km	Rest	5km	Race

(Optional cross training days = Monday or Wednesday)