

Learn to Run 10km Training Program

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