

## 10k Training Program

If you have recently completed a 5-kilometer event, or our Learn2Run program, and are looking to complete a 10-k event in under 60 minutes –this is the program for you! The workouts are distance-based because we want the volume progression to be relative to the actual event.

| Week | Mon | Tue | Wed       | Thu | Fri | Sat | Sun | Total (km) |
|------|-----|-----|-----------|-----|-----|-----|-----|------------|
| 01   | OFF | OFF | 4K        | OFF | 3K  | OFF | 5K  | 12K        |
| 02   | OFF | OFF | 4K        | OFF | 4K  | OFF | 6K  | 14K        |
| 03   | OFF | OFF | 4K        | OFF | OFF | 5K  | 7K  | 16K        |
| 04   | OFF | OFF | 5K        | OFF | 3K  | OFF | 8K  | 16K        |
| 05   | 3K  | OFF | 5K        | OFF | 3K  | OFF | 6K  | 17K        |
| 06   | 3K  | OFF | 3 X HILLS | OFF | OFF | 4K  | 9K  | 21K        |
| 07   | OFF | OFF | 4 X HILLS | OFF | 4K  | OFF | 10K | 21K        |
| 08   | 3K  | OFF | 5 X HILLS | OFF | 3K  | OFF | 12K | 24K        |
| 09   | 3K  | OFF | 6K        | OFF | OFF | 5K  | 7K  | 21K        |
| 10   | OFF | OFF | 5K        | OFF | 6K  | OFF | 10K | 21K        |

**YOU GOT THIS!**