

RUNFASTER

## 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!**

