





























































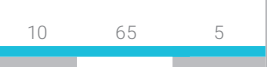













































10K RUNNING PLAN




















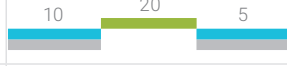


THIS IS A 10-WEEK PLAN FOR AN ADVANCED RUNNER. NINE WEEKS IS THE MINIMUM LENGTH FOR 10K DISTANCE PLANS.

POLAR.	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	 Tempo run 45 min		 Easy jog 30 min		 Interval 35 min	 Medium run 30 min	 Medium run 1h 5 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)		 Core	
WEEK 2	 Tempo run 45 min		 Easy jog 30 min		 Interval 40 min	 Medium run 35 min	 Long run 1h 10 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 3	 Tempo run 45 min		 Easy jog 30 min		 Interval 30 min	 Easy jog 30 min	 Long run 1 h
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 4	 Tempo run 45 min		 Easy jog 35 min		 Interval 45 min	 Medium run 45 min	 Long run 1h 15 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			

10K RUNNING PLAN

POLAR	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	 Tempo run 45 min		 Easy jog 30 min		 Interval 45 min	 Medium run 40 min	 Long run 1h 20 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)		 Core	
WEEK 6	 Tempo run 45 min		 Easy jog 30 min		 Interval 40 min	 Medium run 35 min	 Long run 1h 15 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 7	 Tempo run 45 min		 Easy jog 35 min		 Interval 45 min	 Medium run 45 min	 Long run 1 h 20 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 8	 Tempo run 45 min		 Easy jog 35 min		 Interval 50 min	 Medium run 45 min	 Long run 1h 20 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			

10K RUNNING PLAN

POLAR	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	 Tempo run 45 min		 Easy jog 30 min		 Interval 45 min	 Medium run 35 min	 Long run 1h 10 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Core + Mobility (static)			
WEEK 10	 Easy jog 30 min		 Interval 40 min		 Medium run 35 min		 Easy jog 30 min
HR ZONES							
SUPPORTIVE EXERCISE		 Mobility (static)					
WEEK 11	RACE DAY	ENJOY YOURSELF, CELEBRATE ALL THE HARD WORK YOU DID AND REWARD YOURSELF!					