

Tasks : Training plan: 10 km<35'



Read this first!

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Notes:

- This is a 12-week program for those who wants to finish 10k run below 40 minutes.
- There are 6 runs per week. **If you don't have a time for all trainings you can sometime miss T1 from your plan.**
- You should stretch/roll your muscles after every run.
- Do a strenght/core training at least 2 times per week.

Definitions:


- Zone 1 run - easy, comfortable run. During this intensity you should be able to talk with other person.
50-60% of your HR max
- Zone 2 run - 60-70% of your HR max
- Tempo run pace is in square brackets, e.g. [5:05-5:00'/km] means that you should run specific distanse or time with pace between 5:05 and 5:00'/km.
- Zone 3 run - 70-80% of your HR max
- Zone 4 run - 80-90% of your HR max
- **Race-pace run - in this training plan you'll have few Race-pace intervals (pace for 5k). Those are short, very fast runs. Try to do it on 200m or standard 400m track/racecourse.**
- **Progression run - a run that starts easy but gradually increases in speed. These workouts teach you to avoid going out too fast in an early stage of race and run harder on a finish.**
- Uphill run - find a place with road going uphill. Run uphill 100 m strong and steady pace (high intensity). Turn around and run back (very lightly/easy) to the "start point".
- Passive cross - training in forest or other varied terrain. Run should be comfortable. Don't try to sustain pace when run uphill.
- Active cross - start easy and increase intensity during time. At the end of active cross you should be really tired. The best idea is to run this type of cross on a loop (around 1-2 km). Every lap should be at least few seconds faster than previous one.
- Strides 100m/100m. 1 repetition is:
100 meters fast / 100 meters easy
Fast but not sprint. Concentrate on run technique. Don't land on your heel.

Tasks names consists:

- W# - number of weeks to your race (number goes from 12 to 1 - #1 is your RACE WEEK. This way you can easier calculate in which place of training plan are you today)
- T# - number of training in a week (from 1 to 4 if you have 4 runs per week)
- exercise description

<input type="radio"/>	W12 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W12 T2: Zone 2 run 12-13km + 10 uphill runs (100m/100m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W12 T3: Zone 1 run 4km + Zone 3 run 8-10 km (4:05-4:00'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W12 T4: Zone 1 run 18-20km	☆
<input type="radio"/>	W12 T5: Zone 2 run 12-13km + 10 uphill runs (100m/100m) + Zone 1 run 2km	☆
<input type="radio"/>	W12 T6: Zone 1 run 4km + Zone 3 run 11-12 km (4:05-4:00'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W11 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W11 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W11 T3: Zone 1 run 4km + Zone 3 run 8-10 km (4:00-3:55'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W11 T4: Zone 1 run 18-20km	☆
<input type="radio"/>	W11 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km	☆
<input type="radio"/>	W11 T6: Zone 1 run 6km + Progression run 12km (8km [4:00-3:55] + 3km [3:50-3:45] + 1km max) + Zone 1 run 2km	☆
<input type="radio"/>	W10 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W10 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W10 T3: Zone 1 run 4km + Zone 3 run 8-10 km (3:55-3:50'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W10 T4: Zone 1 run 18-20km	☆
<input type="radio"/>	W10 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km	☆

<input type="radio"/>	W10 T6: Zone 1 run 6km + Progression run 12km (8km [4:00-3:55] + 3km [3:50-3:45] + 1km max) + Zone 1 run 2km	☆
<input type="radio"/>	W9 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W9 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W9 T3: Zone 1 run 4km + Zone 3 run 8-10 km (3:55-3:50'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W9 T4: Zone 1 run 18-20km	☆
<input type="radio"/>	W9 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km	☆
<input type="radio"/>	W9 T6: Zone 1 run 6km + Progression run 12km (7km [4:00-3:55] + 4km [3:50-3:45] + 1km max) + Zone 1 run 2km	☆
<input type="radio"/>	W8 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W8 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W8 T3: Zone 1 run 4km + Zone 3 run 8-10 km (3:55-3:50'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W8 T4: Zone 1 run 18-20km	☆
<input type="radio"/>	W8 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km	☆
<input type="radio"/>	W8 T6: Zone 1 run 6km + Progression run 12km (6km [4:00-3:55] + 5km [3:50-3:45] + 1km max) + Zone 1 run 2km	☆
<input type="radio"/>	W7 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W7 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W7 T3: Zone 1 run 4km + Zone 3 run 8-10 km (3:55-3:50'/km) + Zone 1 run 2km	☆
<input type="radio"/>	W7 T4: Zone 1 run 18-20km	☆

<input type="radio"/>	W7 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km	☆
<input type="radio"/>	W7 T6: Zone 1 run 5km + Zone 4 run 2x4km (3:45-3:40'/km) / easy run 8-10' + Zone 4 run 1km [<3:40] + Zone 1 run 2km	☆
<input type="radio"/>	W6 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W6 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W6 T3: Zone 1 run 6km + race-pace run 10-12 x 400m/400m (82-80") + Zone 1 run 2-3km 👤 1	☆
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Race-pace run description: 10-12 repetitions of 400m fast / 400m easy 400m fast should be done in 80-82 seconds		
Last 2 repetitions should be even harder. Give your max effort at last repetition.		
<input type="radio"/>	W6 T4: Zone 1 run 18-20km	☆
<input type="radio"/>	W6 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km	☆
<input type="radio"/>	W6 T6: Zone 1 run 5km + Zone 4 run 3x3km (3:40-3:35'/km) / easy run 8-10' + Zone 4 run 1km [<3:35] + Zone 1 run 2km	☆
<input type="radio"/>	W5 T1: Zone 2 run 13-15km	☆
<input type="radio"/>	W5 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km	☆
<input type="radio"/>	W5 T3: Zone 1 run 6km + race-pace run 10-12 x 400m/400m (80-78") + Zone 1 run 2-3km 👤 1	☆



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Race-pace run description:
10-12 repetitions of 400m fast / 400m easy
400m fast should be done in 78-80 seconds

Last 2 repetitions should be even harder. Give your max effort at last repetition.



W5 T4: Zone 1 run 18-20km



W5 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km



W5 T6: Zone 1 run 5km + Zone 4 run 7-8 x 1km (3:30-3:25'/km) /
easy run 4' + Zone 1 run 2km
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Last two repetitions of "Zone 4 run 1 km" should be faster than 3:25.



W4 T1: Zone 2 run 13-15km



W4 T2: Zone 2 run 12-13km + 7 uphill runs (150m/150m) + Zone 1 run 1-2km



W4 T3: Zone 1 run 6km + race-pace run 10-12 x 400m/400m (80-78") + Zone 1 run 2-3km
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Race-pace run description:
10-12 repetitions of 400m fast / 400m easy
400m fast should be done in 78-80 seconds

Last 2 repetitions should be even harder. Give your max effort at last repetition.

























W4 T4: Zone 1 run 18-20km



W4 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km



	W4 T6: Zone 1 run 5km + Zone 4 run 5-6 x 1km (3:25-3:20'/km) / easy run 4' + Zone 1 run 2km	
	W3 T1: Zone 2 run 13-15km	
	W3 T2: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km	
	W3 T3: Zone 2 run 8km + 5 x 1'/easy run 2' + Zone 1 run 1km 🗨️ 1	
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<hr style="border-top: 1px dashed #000;"/> <ul style="list-style-type: none"> • At first run 8km in Zone 2. • Then repeat 5 times -> run fast for 1 minute, run slow for 2 minutes • Cool down - easy run 1km. 		
	W3 T4: Zone 2 run 8-10km	
	W3 T5 (Pre race workout): Zone 1 run 7km + 5 strides (100m/100m) + Zone 1 run 1km	
	W3 T6: TEST - 5 km (min. 16:40-16:50) 🗨️ 1	
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<hr style="border-top: 1px dashed #000;"/> <p>Start on 5k. Average pace is 3:20'/km so it's good to run with a friend. It's easier to run with somebody who run in front of you and take some wind/air on his/her chest.</p> <p>You should finish with time 16:40-16:50. If it was too fast for you and your time at finish line was worse, then you have to repeat trainings from week 4 (W4) for next 2-3 consecutive weeks and try TEST one more time. If it doesn't work for you, maybe you're not ready for 10k<35' yet.</p>		
	W2 T1: Zone 2 run 10-12km	
	W2 T2: Zone 2 run 12-15km	
	W2 T3: Zone 1 run 4km + Zone 3 run 8-10 km (3:55-3:50'/km) + Zone 1 run 2km	



W2 T4: Zone 1 run 18-20km



W2 T5: Zone 2 run 12-13km + 10 uphill runs (150m/150m) + Zone 1 run 2km



W2 T6: Zone 1 run 5km + Zone 4 run 7-8 x 1km (3:30-3:25'/km) / easy run 4' + Zone 1 run 2km
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Last two repetitions of "Zone 4 run 1 km" should be faster than 3:25.



W1 T1: Zone 2 run 13-15km



W1 T2: Zone 2 run 10-12km + 10 strides (100m/100m) + Zone 1 run 1km



W1 T3: Zone 2 run 8km + 5 x 1'/easy run 2' + Zone 1 run 1km
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-
- At first run 8km in Zone 2.
 - Then repeat 5 times -> run fast for 1 minute, run slow for 2 minutes
 - Cool down - easy run 1km.



W1 T4: Zone 2 run 10-12km



W1 T5 (Pre race workout): Zone 1 run 7km + 5 strides (100m/100m) + Zone 1 run 1km



W1 T6: RACE DAY 10 km
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Do your job. You earned it. This is your day!