

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b> Base	<b>Easy Run</b> 7 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 12x400m target pace +6s	<b>Cross Train</b> or Rest	<b>Threshold</b> 6 miles incl. 3mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 10 miles easy pace
<b>Week 2</b> Base	<b>Easy Run</b> 7 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 14x400m target pace +6s	<b>Cross Train</b> or Rest	<b>Threshold</b> 6 miles incl. 3.5mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 10 miles easy pace
<b>Week 3</b> Base	<b>Easy Run</b> 7 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 5x1000m target pace +4s	<b>Cross Train</b> or Rest	<b>Threshold</b> 7 miles incl. 4mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 11 miles easy pace
<b>Week 4</b> 1K Reps	<b>Easy Run</b> 7 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 6x1000m target pace +3s	<b>Cross Train</b> or Rest	<b>Threshold</b> 7 miles incl. 4mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 11 miles easy pace
<b>Week 5</b> 1K Reps	<b>Easy Run</b> 8 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 7x1000m at target pace	<b>Cross Train</b> or Rest	<b>Threshold</b> 7 miles incl. 4.5mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 12 miles easy pace
<b>Week 6</b> Parkrun	<b>Easy Run</b> 6 miles easy, save energy	<b>Cross Train</b> or Rest	<b>Track</b> 6x400m sharp — race pace	<b>Cross Train</b> or Rest	<b>Rest Day</b>	<b>Cross Train</b> or Rest	<b>Parkrun!</b> 5K race where are you now?
<b>Week 7</b> 1K Peak	<b>Easy Run</b> 8 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 8x1000m at target pace	<b>Cross Train</b> or Rest	<b>Threshold</b> 8 miles incl. 5mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 12 miles easy pace
<b>Week 8</b> 1K Peak	<b>Easy Run</b> 8 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 6x1000m target pace -2s	<b>Cross Train</b> or Rest	<b>Threshold</b> 8 miles incl. 5mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 13 miles easy pace
<b>Week 9</b> Longer Reps	<b>Easy Run</b> 8 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 5x1200m at target pace	<b>Cross Train</b> or Rest	<b>Threshold</b> 8 miles incl. 5mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 13 miles easy pace
<b>Week 10</b> Parkrun	<b>Easy Run</b> 6 miles easy, save energy	<b>Cross Train</b> or Rest	<b>Track</b> 6x400m sharp — race pace	<b>Cross Train</b> or Rest	<b>Rest Day</b>	<b>Cross Train</b> or Rest	<b>Parkrun!</b> 5K race feeling the improvement?

<b>Week 11</b> Race Spec	<b>Easy Run</b> 8 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 4x1600m at target pace	<b>Cross Train</b> or Rest	<b>Threshold</b> 8 miles incl. 5mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 13 miles easy pace
<b>Week 12</b> Race Spec	<b>Easy Run</b> 8 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 5x1200m target pace -2s	<b>Cross Train</b> or Rest	<b>Threshold</b> 8 miles incl. 3x2km threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 12 miles easy pace
<b>Week 13</b> Sharpening	<b>Easy Run</b> 7 miles easy pace	<b>Cross Train</b> or Rest	<b>Track</b> 8x1000m target pace -3s	<b>Cross Train</b> or Rest	<b>Threshold</b> 7 miles incl. 4mi threshold	<b>Cross Train</b> or Rest	<b>Long Run</b> 12 miles easy pace
<b>Week 14</b> Parkrun	<b>Easy Run</b> 5 miles easy, race sharpener	<b>Cross Train</b> or Rest	<b>Track</b> 8x400m race pace — fast & sharp	<b>Cross Train</b> or Rest	<b>Rest Day</b>	<b>Cross Train</b> or Rest	<b>Parkrun!</b> 5K race final fitness check!
<b>Week 15</b> Taper	<b>Easy Run</b> 5 miles easy, stay fresh	<b>Cross Train</b> or Rest	<b>Track</b> 6x400m race pace, keep sharp	<b>Cross Train</b> or Rest	<b>Easy Run</b> 4 miles easy with strides	<b>Cross Train</b> or Rest	<b>Long Run</b> 7 miles easy — save the legs
<b>Week 16</b> Race Week	<b>Easy Run</b> 3 miles light activation	<b>Rest Day</b>	<b>Easy Run</b> 2 miles strides at end	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b>	<b>Race Day!</b> Run your 10K! You've got this!

### Target Pace Guide — Find your goal time and run to these paces

Target 10K	400m reps	1000m reps	1200m reps	1600m reps	Threshold pace	Tempo pace	Easy pace
<b>Sub 35:00</b>	80-83s	3:30-3:33	4:12-4:16	5:38-5:43	3:38/km	3:52/km	4:35/km
<b>Sub 37:00</b>	84-87s	3:42-3:45	4:26-4:30	5:56-6:01	3:50/km	4:05/km	4:50/km
<b>Sub 40:00</b>	92-95s	3:58-4:03	4:48-4:53	6:26-6:32	4:08/km	4:22/km	5:10/km
<b>Sub 43:00</b>	98-102s	4:16-4:21	5:08-5:13	6:54-7:00	4:26/km	4:42/km	5:30/km
<b>Sub 45:00</b>	104-107s	4:28-4:33	5:22-5:27	7:12-7:18	4:38/km	4:55/km	5:45/km
<b>Sub 48:00</b>	110-114s	4:46-4:51	5:44-5:49	7:42-7:48	4:58/km	5:15/km	6:05/km
<b>Sub 50:00</b>	115-118s	4:58-5:03	5:58-6:03	8:00-8:06	5:10/km	5:28/km	6:20/km

Easy Run

Track

Threshold

Long Run

Parkrun!

Warm up 1 mile + cool down 1 mile on all track sessions · 90-120s jog recovery between reps · Threshold = sustained effort just below race pace · Parkruns weeks 6, 10, 14