



Aims To run 10k!							
Beginner Programme:							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Circuit 1/Long Intervals 2.5m Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 1m Easy / 3mins Fast x7	5-6k Easy run	Rest and Stretch	Jog 3km Walk 5m x2	Rest day
Turnaround time:	14		14				
2	Circuit 1/Long Intervals 60sec Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 90sec Easy / 2.5mins Fast x6	5-6k Easy run	Rest and Stretch	6k run	Rest day
Turnaround time:	12		12				
3	Circuit 1/Long Intervals 60sec Easy / 7.5mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 70sec Easy / 2.5mins Fast x6	5-6k Easy run	Rest and Stretch	Jog 3.5km Walk 5m x2	Rest day
Turnaround time:	12m 30s		12m 30s				
4	Circuit 2/Long Intervals 60sec Easy / 8mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x9	5-6k Easy run	Rest and Stretch	7k run	Rest day
Turnaround time:	13m 30s		13m 30s				
5	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k Easy run	Rest and Stretch	Jog 4km Walk 5m x2	Rest day
Turnaround time:	15m 30s		15m 30s				
6	Circuit 2/Long Intervals 60sec Easy / 10.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k Easy run	Rest and Stretch	7k run	Rest day
Turnaround time:	17m 0s		17m 0s				
7	Strength Based Warm Up 60sec Easy / 9mins Faster x4	Rest and Stretch	Strength Based Warm Up 60sec Easy / 1.5mins Fast x16	5-6k Easy run	Rest and Stretch	9km	Rest day
Turnaround time:	20m 0s		20m 0s				
8	Strength Based Warm Up 47m easy run	Rest and Stretch	Strength Based Warm Up 50m easy run	5-6k Easy run	Rest and Stretch	10k Run day Kick butt!	Sleep in ;-)
Turnaround time:	23m 30s		24m 30s				

In the Beginner programme you can choice to walk in the easy sections in both the Long and Short Intervals



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Intermediate Programme:							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Circuit 1/Long Intervals 2.5m Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 1m Easy / 3mins Fast x7	5-6k Easy run	Rest and Stretch	6k run	Rest day
Turnaround time:	14		14				
2	Circuit 1/Long Intervals 60sec Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 90sec Easy / 2.5mins Fast x6	5-6k Easy run	Rest and Stretch	7k run	Rest day
Turnaround time:	12		12				
3	Circuit 1/Long Intervals 60sec Easy / 7.5mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 70sec Easy / 2.5mins Fast x6	5-6k Easy run	Rest and Stretch	8k run	Rest day
Turnaround time:	12m 30s		12m 30s				
4	Circuit 2/Long Intervals 60sec Easy / 8mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x9	5-6k Easy run	Rest and Stretch	9k run	Rest day
Turnaround time:	13m 30s		13m 30s				
5	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k Easy run	Rest and Stretch	10k run	Rest day
Turnaround time:	15m 30s		15m 30s				
6	Circuit 2/Long Intervals 60sec Easy / 10.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k Easy run	Rest and Stretch	8k Fast Run	Rest day
Turnaround time:	17m 0s		17m 0s				
7	Strength Based Warm Up 60sec Easy / 9mins Faster x4	Rest and Stretch	Strength Based Warm Up 60sec Easy / 1.5mins Fast x16	5-6k Easy run	Rest and Stretch	12km	Rest day
Turnaround time:	20m 0s		20m 0s				
8	Strength Based Warm Up 47m easy run	Rest and Stretch	Strength Based Warm Up 50m easy run	5-6k Easy run	Rest and Stretch	10k Run day Kick butt!	Sleep in ;-)
Turnaround time:	23m 30s		24m 30s				



Aims	To run 10k!						
Advanced Programme:							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Circuit 1/Long Intervals 2.5m Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 1m Easy / 3mins Fast x7	5-6k Easy run	Rest and Stretch	8k run	Rest day
Turnaround time:	14		14				
2	Circuit 1/Long Intervals 60sec Easy / 7mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 90sec Easy / 2.5mins Fast x6	5-6k Easy run	Rest and Stretch	10k run	Rest day
Turnaround time:	12		12				
3	Circuit 1/Long Intervals 60sec Easy / 7.5mins Faster x3	Rest and Stretch	Circuit 1/Short Intervals 70sec Easy / 2.5mins Fast x6	5-6k Easy run	Rest and Stretch	13k run	Rest day
Turnaround time:	12m 30s		12m 30s				
4	Circuit 2/Long Intervals 60sec Easy / 8mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x9	5-6k Easy run	Rest and Stretch	10k run	Rest day
Turnaround time:	13m 30s		13m 30s				
5	Circuit 2/Long Intervals 60sec Easy / 9.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k Easy run	Rest and Stretch	12k run	Rest day
Turnaround time:	15m 30s		15m 30s				
6	Circuit 2/Long Intervals 60sec Easy / 10.5mins Faster x3	Rest and Stretch	Circuit 2/Long Intervals 60sec Easy / 2mins Fast x10	5-6k Easy run	Rest and Stretch	8k Time Trial	Rest day
Turnaround time:	17m 0s		17m 0s				
7	Strength Based Warm Up 60sec Easy / 9mins Faster x4	Rest and Stretch	Strength Based Warm Up 60sec Easy / 1.5mins Fast x16	5-6k Easy run	Rest and Stretch	14km	Rest day
Turnaround time:	20m 0s		20m 0s				
8	Strength Based Warm Up 47m easy run	Rest and Stretch	Strength Based Warm Up 50m easy run	5-6k Easy run	Rest and Stretch	10k Run day Kick butt!	Sleep in ;-)
Turnaround time:	23m 30s		24m 30s				



My Session Check List

Name							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8						My 10k Run!	