

MoreFun2Run Training schedule

12-weeks plan “faster 10km”

www.morefun2run.com

PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	Rest or Cross training	3.5km tempo run	6-7km easy run + strength training	3 sets of (800m race pace+400m easy)	Rest	8km long run	5-6km easy run
week 2	Rest or Cross training	5km tempo run	6-7km easy run + strength training	4 sets of (800m race pace+400m easy)	Rest	10km long run with last 10 min strong finish	5-6km easy run
week 3	Rest or Cross training	5km tempo run	6-7km easy run + strength training	4 sets of (800m race pace+400m easy)	Rest	11km long run	5-6km easy run
week 4	Rest or Cross training	5km tempo run	7-8km easy run + strength training	5 sets of (800m race pace+400m easy)	Rest	10km long run with last 10min strong finish	5-6km easy run
week 5	Rest or Cross training	6km tempo run	7-8km easy run + strength training	3 sets of (1200m race pace+400m easy)	Rest	12km long run with last 10min strong finish	6-8km easy run
week 6	Rest or Cross training	3km easy run + 4x1min hill or stairs + 1.5km easy run	7-8km easy run + strength training	3 sets of (1200m race pace+400m easy)	Rest	10km long run	6-8km easy run
week 7	Rest or Cross training	3km easy run + 5x1min hill or stairs + 3km easy run	7-8km easy run + strength training	3 sets of (1200m race pace+400m easy)	Rest	13km long run	6-8km easy run
week 8	Rest or Cross training	3km easy run + 4x1.5min hill or stairs + 3km easy run	7-8km easy run + strength training	5km race pace	Rest	8km long run with 10min strong finish	6-8km easy run
week 9	Rest or Cross training	3km easy run + 5x1.5min hill or stairs + 3km easy run	7-8km easy run + strength training	5km race pace	Rest	13km long run	6-8km easy run

PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 10	Rest or Cross training	6km tempo run	7-8km easy run + strength training	3sets of (1600m race pace+ 400 m easy)	Rest	11km long run with last 10min strong finish	6-8km easy run
week 11	Rest or Cross training	5km tempo run	6-7km easy run	5km race pace	Rest	7km long run with last 10 min strong finish	5-6km easy run
week 12	Rest or Cross training	5km tempo run	6-7km easy run	3.5km racepace	Rest	10km at race pace. Set your new PR!	Rest

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