

10km Training program Novice 2, aim to finish in under 70 minutes

Rest or cross train on Tuesdays, Thursdays and Sundays. Rest on Fridays.

Training phases	Wk	Date	Mon + 10 min warm up & 5 min cool down	Wed	Sat	Sun
Base Training	1	4/29/2019	4x400m	3 (20)*	REST	5 (35)
	2	5/6/2019	5x400m	3 (20)	5 (30)	5km easy run or 40 min cross
Early Quality Training	3	5/13/2019	6x400m	4 (24)	7 (40)	5km easy run or 40 min cross
	4	5/20/2019	3x800m	4 (24)	REST	5 (35)
Hard work	5	5/27/2019	3x800m	4 (24)	8 (50)	5km easy run or 40 min cross
	6	6/3/2019	4x800m	5 (28)	9 (60)	5km easy run or 40 min cross
	7	6/10/2019	4x800m	5 (30)	5 (40)	10 (70)
	8	6/17/2019	4x800m	5 (30)	10-11 (80)	5km easy run or 50 min cross
Tempo Running	9	6/24/2019	4x800m	5 (30) TEMPO	5 (35)	10 (70)
	10	7/1/2019	6x400m	5 (30) TEMPO	REST	5km easy run or 60 min cross
	11	7/8/2019	6x400m	5 (30) TEMPO	12-14 (90-100)	REST
Race	12	7/15/2019	5x400m	5 (30) TEMPO	REST	10kmWRF Race

* 3 km (or 20 minutes) - do whichever comes first.