

TRAINING SCHEDULE



10 WEEK 10K TRAINING

	VO2	TEMPO	STRENGTH	ANAEROBIC/ LACTATE	REST/ RECOVERY	LONG AEROBIC
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 - Pace	-	-		-		-
HR Zone	-	-		-		-
RPE	0	0		8-9		4-5
WORKOUT	VO2 Workout #1	30 min run	Core Strength	Lactate Workout #1	Rest	3-5 miles
2 - WORKOUT	VO2 Workout #2	35 min run	Core Strength	Lactate Workout #2	Rest	4-5 miles
3 - WORKOUT	VO2 Workout #3	40 min run	Core Strength	Lactate Workout #3	Rest	6 miles
4 - WORKOUT	VO2 Workout #4	45 min run	Core Strength	Lactate Workout #4	Rest	7 miles
5 - PACE	-	-		-		-
WORKOUT	CT	30 min run	Core Strength	Lactate Workout #3	Rest	6 miles
6 - WORKOUT	VO2 Workout #5	45 min run	Core Strength	Lactate Workout #2	Rest	7 miles
7 - WORKOUT	VO2 Workout #6	55 min run	Core Strength	Lactate Workout #4	Rest	8 miles
8 - WORKOUT	VO2 Workout #7	65 min run	Core Strength	Lactate Workout #1	Rest	6 miles
9 - WORKOUT	VO2 Workout #8	45 min run	Core Strength	Lactate Workout #5	Rest	5 miles
10 - WORKOUT	Light CT	30 min run	Core Strength	Lactate Workout #6	Rest	RACE DAY!!!

Training Guide For 10k Run

Christian Drosten

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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