

10k

Level: **Advanced Competitor**

12 week Mesocycle for 10k Race PB

- Recovery 2:30 slower than 5k pace +/- 30secs
- LSR 1:50 slower than 5k pace +/- 30secs
- Easy 1:35 slower than 5k pace +/- 30secs
- Tempo 0:30 slower than 5k pace
- Intervals 0:15 faster than 5k pace

Example for Easy Pace			
5k time =	29minutes =	9:20min/miles	
9:20 + 1:35	Easy Pace =	10:55min/miles +/- 30secs	
Thus			
	Fast end	Median	Slow end
Easy Pace =	10:25	10:55	11:25

On some days your run may feel 'hard' and be at the slower end of the pace range; other days the same run may feel easy and be at the faster end of the range. Both are normal.

Note:
Wednesday Workouts can be substituted for Club Group 8.
Alternatively, Tuesday night Track can be taken and the Tuesday 'Easy' run taken as an equivalent Wednesday night Group run



Weeks to go	Monday	Tues	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage	Weeks to go
base	XT or Rec run 3.5	Easy 6	Easy 5	Recovery 6	Rest 0	Parkrun/Easy 3.1	Easy 8	28.1	base
12	XT or Rec run 3.5	Easy 6	WKT 1 5.5	Recovery 6	Rest 0	Parkrun/Easy 3.1	Easy 10	30.6	12
11	XT or Rec run 3.5	Easy 6	WKT 2 5.75	Recovery 6	Rest 0	Parkrun/Easy 3.1	Easy 10	30.85	11
10	XT or Rec run 3.5	Easy 6	WKT 3 6.5	Recovery 5	Rest 0	Parkrun/Easy 3.1	LSR 12	32.6	10
9	XT or Rec run 3.5	Easy 8	WKT 1 5.5	Recovery 6	Easy 4	Parkrun/Easy 3.1	Race 6.2	32.8	9
8	XT or Rec run 3.5	Easy 6	Easy 5	Recovery 6	Easy 5	Parkrun/Easy 3.1	LSR 12	37.1	8
7	XT or Rec run 3.5	Easy 8	WKT 2 5.75	Recovery 6	Easy 6	Parkrun Tempo 3.1	Easy 6	34.85	7
6	XT or Rec run 3.5	Easy 6	WKT 2 5.75	Recovery 5	Easy 5	Parkrun/Easy 3.1	LSR 12	36.85	6
5	XT or Rec run 3.5	Easy 6	WKT 1 5.5	Recovery 5	Easy 5	Parkrun/Easy 3.1	Race 6.2	30.8	5
4	XT or Rec run 3.5	Easy 6	Easy 6	Recovery 5	Easy 5	Parkrun/Easy 3.1	LSR 12	37.1	4
3	XT or Rec run 3.5	Easy 8	WKT 1 5.5	Recovery 5	Easy 6	Parkrun Tempo 3.1	Easy 6	33.6	3
2	XT or Rec run 3.5	Easy 6	WKT 2 5.75	Recovery 5	Easy 5	Parkrun/Easy 3.1	Easy 8	32.85	2
1	XT or Rec run 3.5	Easy 6	WKT 3 6.5	Recovery 5	Rest 0	Parkrun/Easy 3.1	Goal Race 6.2	26.8	1

WKT 1	Easy	1
	Fast	0.25
	Rec	0.25
	Repeat	x 6
fast/rec	Easy	1

WKT 2	Easy	1
	Fast	0.5
	Rec	0.25
	Repeat	x 4
fast/rec	Easy	1

WKT 3	Easy	1
	Fast	1
	Rec	0.5
	Repeat	x 2
fast/rec	Easy	1