

# EARLY 10k PROGRAM

## Week 2

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@running\_in\_the\_family



[www.britishmilerelays.com/training](http://www.britishmilerelays.com/training)

### Stretching

**Each day** Continue your stretching program with a light 10-minute yoga session in the morning: for example: <https://youtu.be/TT0TepK01tQ>

### Day by Day

#### **Day 1: Launch day!**

- 2km easy pace to warm up
- 1km at your current race pace followed by 2 mins slow jog
- 6\*50metre strides at 90% of maximum effort (walk back recovery)
- 2km easy pace to warm down followed by light stretches

#### **Day 2:** 10 minutes core exercises:

<https://www.youtube.com/watch?v=3ZPdQgLchok>

#### **Day 3: Effort day**

- **Choose a flat-ish place to run (maybe your local park?)**
- 10 minutes easy pace to warm up
- 4 \* 1km efforts (measure the distance on your watch) at your current 5k race pace
- (if no GPS watch, run for the time you would take to run 1km in a race)
- 5 minute jog recovery
- 6\*50metre strides at 90% of maximum effort (walk back recovery)

#### **Day 4: Rest**

#### **Day 5:** 10 minutes core exercises:

[https://youtu.be/3q5\\_sFw69-l](https://youtu.be/3q5_sFw69-l)

#### **Day 6: Long Run day – most important day of the week!**

- 7-8km of easy running (continuous!)
- Try and pick a route with some low hills
- Finish by making the last kilometer your fastest one, ideally approaching race pace
- Light stretches

#### **Day 7: Rest**

