

# EARLY 10k PROGRAM

## Week 3

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### 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
- 3\*4 mins at your current race pace with 3 mins easy in between
- 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 – hill efforts**

- **Find a gradual incline, ideally c. 400m, that will take 90-120 seconds to run**
- Easy run of 2km before hill efforts
- 5-6 hill efforts. Run hard up the hill and take it easy on the return
- Run continually with no rest
- Easy 2km to warm down to finish.

#### **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!**

- 8-9km of easy running (continuous!)
- Try and pick a flat route this week
- Light stretches

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



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