

# EARLY 10k PROGRAM

## Week 4

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Well done for making it to week 4 and staying motivated in the dark days. Stay focused on your goals and share them with your friends and family 😊

### 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 – this week we are adding a day to the program!

#### **Day 1:**

- 6km out and back run
- 3km out at steady pace – 3k back aiming for 30 seconds faster
- 6\*50metre strides at 90% of maximum effort (walk back recovery)

#### **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: Easy run day**

- Just a shake-out run after the hills – should feel v easy

#### **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!**

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

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



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