

EARLY 10k PROGRAM

Week 5

Try and keep focused during the holiday period, if you have a bit more free time try fitting in a run during the day. Running will help you feel fresher and don't have too many late nights 😊

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:

- Continuous run day (no resting during this session)
- Start with 2km easy warm up
- Then 4 min at race pace, 3 mins jog (repeat 4 times)
- 2km steady cool down

Day 2: 10 minutes core exercises:

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

Day 3: Effort day – speed efforts

- Easy run of 2km to warm up
- Speed session of 10*1 min at **faster** than target race pace
- 90s jog rest between efforts
- Run continually with no rest
- Easy 2km to warm down to finish.

Day 4: Easy run day

- 40 minute run – 21 minutes out and cover the same distance back in 19 minutes

Day 5: 10 minutes core exercises:

https://youtu.be/3q5_sFw69-l

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

- 10km of easy running (continuous!)
- Try and pick a flat route this week
- Light stretches and 6*80m strides to finish

Day 7: Rest



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