

EARLY 10k PROGRAM

Week 6



After a break for Xmas week, the New Year should keep you motivated 😊, training will step up now with 4 weeks to race day.

Stretching

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

4 days this week and a timed Parkrun

Day 1:

- Continuous run day (no resting during this session)
- Start with 1km easy warm up
- Then 6km over a hilly route
- Finishing with 8*60m strides

Day 2: 15 minutes core exercises:

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

Day 3: Effort day – ideally in a traffic free park

- Easy run of 2km to warm up
- Speed session of 6*3 min at 5km race pace
- 2min jog rest between efforts
- Easy 1km to warm down to finish.

Day 4: Rest

Day 5: 10 minutes core exercises:

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

Day 6: Parkrun time trial 5k

- 1km warm up
- Aim for pb pace at the parkrun
- 1km cool down

Day 7: Long Run day – most important day of the week!

- 11km of easy running (continuous!)
- Try and pick a flat route easier week



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