

Sub 45min 10k Schedule

The sessions can be done in any order and on any day, however try and give yourself a days rest between the sessions. It is always advisable to do mobility before you go out, please see youtube button on runyourpb website

Week 1

40min easy

1mile warm up/ 6x3min with 2min easy/ 1 mile cool down

40min easy

60min easy

Week 2

45min easy

1mile warm up/ 8x2min hard with 1min easy/ 1mile cool down

40min easy

70min easy

Week 3

50min easy

1mile warm up/ 5x4min hard with 2min easy/ 1mile cool down

40min easy

80min easy

Week 4

50min easy

1mile warm up/ 3x1mile hard with 3min recovery/ 1mile cool down

40min easy

90min easy

Week 5

40min easy

1mile warm up/ 2x8min hard with 3min easy

30min easy

10min warm up/ 20min effort/ 10min cool down

90min easy

Week 6

45min easy

1mile warm up/ 6x3min hard with 2min recovery/ 1mile cool down

30min easy

10min warm up/ 20min effort/ 10min cool down

1hr 40min easy

Week 7

50min easy

1mile warm up/ 10x2min hard with 1min recovery/ 1mile cool down

30min easy

10min warm up/ 25min effort/ 10min cool down
1hr 40min easy

Week 8

45min easy
1mile warm up/ 5x4min hard with 2min easy/ 1mile cool down
30min easy
10min warm up/ 25min effort/ 10min cool down
1h 45min easy

Week 9

50min easy
1mile warm up/ 3x1mile at 7min per mile and 3min recovery/ 1mile cool down
30min easy
10min warm up/ 25min effort/ 10min cool down
90 min easy

Week 10

Mon - 30min easy
Wed - 20min easy
Fri - 20min easy
MADDOG 10K RACE - GO FOR IT, BEST OF LUCK