

Under the hour 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

30min easy jog

1mile easy/ 4x4min hard with 2min recovery jog between/ 1mile easy

45 min easy jog

Week 2

30min easy

1mile easy/ 3x6min hard with 2min jog recovery/ 1mile easy

50min easy jog

Week 3

40min easy jog

1mile easy/ 10x2min hard with 1min recovery jog/ 1mile easy

60min easy jog

Week 4

40 min easy jog

1mile easy/ 2x8min hard with 4min easy jog/ 1mile easy

60min jog

Week 5

40 min easy jog

1mile easy/ 5x3min hard with 2min recovery jog/ 1mile easy

30min easy

1hr 10min easy jog

Week 6

45min easy jog

1mile easy/ 4x4min hard with 2min recovery jog/ 1mile easy

30min easy jog with middle 15min at harder effort

1hr 20min easy jog

Week 7

50min easy run

1mile easy/ 3x6min hard with 2min recovery jog/ 1mile easy

40min jog with middle 20min at a harder effort

1hr 20min easy jog

Week 8

60min easy jog

1mile easy/ 2x8min hard with 3min recovery jog/ 1mile easy

40min jog with middle 20min at harder effort

1hr 30min easy jog

Week 9

60min easy jog

1mile easy/ 6x3min hard with 2min recovery jog/ 1mile easy

30min jog with middle 10min at harder effort

1hr 20min jog

Week 10

Mon - 30min easy jog

Wed - 20min easy jog

Fri - 20min easy jog

MADDOG 10K GO FOR IT