



TRAIL PURSUIT TRAINING PLAN: 10K

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	RUN - 10 mins easy - 5 x 90 secs fast (90 secs jog recovery) - Cool down: 10mins easy	REST	RUN 30 min easy	STRENGTH SESSION	REST	RUN 30 min easy
2	REST	RUN - 10 mins easy - 4 x 5 mins fast (2 mins easy recovery) - Cool down: 10mins easy	REST	RUN 30 min easy	STRENGTH SESSION	REST	RUN 35 min easy
3	REST	RUN - 10 mins easy - 2 x 5 mins fast (2:30 easy jog recovery) - Cool down: 10mins easy	REST	RUN 30 min easy	STRENGTH SESSION	REST	RUN 40 min easy
4	REST	HILL SESSION - Warm-up: 15 mins warm up, easy run - 8 x 30 sec hill sprints - Cool down: 10mins easy	REST	RUN 40 min easy	STRENGTH SESSION	REST	RUN 45 min easy

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5	REST	RUN - 10 mins easy - 5 mins fast (2:30 recovery) 3 mins fast, 90 sec recovery, 2 mins fast - Cool down: 10mins easy	REST	RUN 20 min easy, 10 mins steady, 10 mins easy	STRENGTH SESSION	REST	RUN 45 min easy, then 5 mins faster to finish
6	REST	RUN 45 mins easy run	REST	RUN 20 min easy, 10 mins steady, 10 mins easy	STRENGTH SESSION	REST	RUN 50 min steady
7	REST	RUN 45 mins easy run	REST	RUN 10 min easy, 15 mins steady, 15 mins easy	STRENGTH SESSION	REST	RUN 50 min steady
8	REST	HILL SESSION - Warm-up: 15 mins warm up, easy run - 8 x 30 sec hill sprints - Cool down: 10mins easy	REST	RUN 10 min easy, 10 mins tempo, 10 mins easy	STRENGTH SESSION	REST	RUN 50 min steady, then 5 mins faster to finish



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9	REST	RUN - 10 mins easy - 5 x 3 mins fast (3 mins easy recovery) - Cool down: 10mins easy	REST	RUN 10 min easy, 10 mins steady, 15 mins tempo	STRENGTH SESSION	REST	RUN 60 min easy
10	REST	RUN - 15 mins easy - 2 mins very easy - Then 15 min faster	REST	RUN 10 mins easy, 20 mins steady OR TEMPO	STRENGTH SESSION	REST	RUN 45 min time trial
11	REST	RUN 30 mins easy	REST	RUN 45 mins very easy	STRENGTH SESSION	REST	RUN 60 min easy, with middle 20 mins at target pace
12	REST	RUN 30 mins easy	REST	RUN 30 min easy	REST	RACE DAY!	REELAX!

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