

10KM Speed Program

OCTOBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14 OPENING NIGHT! 7KM Easy	15	16	17 TIME TRIAL 10KM
18	19 Shake Out Easy 5KM	20	21 Hill Repeats 1KM warm up 6x hill Run 1KM warm down	22	23	24 8KM Long Run
25	26 Tempo Run 2KM warm up 6KM Tempo	27	28 Sprints 800M warm up 4x 800M 4x 400M 4x 200M	29	30	31 9KM Long Run Spooky Run

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Watchless 7KM by feel	3	4 Hills 1KM warm up 6x Hill Run 1KM warm down	5	6	7 11KM Long Run
8	9 Race Pace 5KM @ mostly RP	10	11 9KM Build 3KM EZ 3KM MED 2KM HARD 1KM EZ	12	13	14 10KM Long Run
15	16 Steady 8KM	17	18 Hills 1KM warm up 6x Hill Run 1KM warm down	19	20	21 11KM Long Run
22	23 Hills 1Km warm up 6x Hill Run 1KM warm down	24	25 Sprints 800M warm up 4x 800M 4x 400M 4x 200M	26	27	28 10KM Long Run
29	30 Tempo Run 1KM Warm up 6KM @ Tempo	1	2	3	4	5

DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 Intervals 2KM warm up 1H-1E, 2H-2E x4 1KM warm down	3	4	5 12KM Long Run
6	7 Race Pace 7KM	8	9 Easy Run 8KM	10	11	12 8KM Long Run
13	14 Easy Run 6KM	15	16 Shake Out 4KM Easy with Accelerations	17	18	19 TIME TRIAL 10km!
20	21	22	23	24	25 Christmas	26
27	28	29	30	31	1 New Year's Day	2

