

16 weeks Sub 10km training plan

The plan is for athletes who already train a minimum of 4 to 5 times a week with serious goal of achieving a sub 40min 10km.
Other plans exist on the market, and I do believe they will not suit every athlete. I would recommend that you already have a consistent mileage of 50km a week before you start the plan.

Please consult your general practitioner, before starting any serious training. If any injuries or pain occur during the plan, be sensible enough to stop and refer to a specialist.

Remember to hydrate properly along with a proper diet, stretching and/or reinforcement work.

Week 1

		Description of the session	Work Volume		Quote 1 to 10
			Km	Hours	
M O N D	Easy	Relaxed run : 1h pace 4min30	13	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min Pace 4min20	10	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 8X200m in 55secs Recovering 200m easy C-down : 3km easy	9.2	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min20	13.5	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Easy	1h30 pacing 4min35	19	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N		OFF		1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: ○		Training Average: ♥ Morning Average: ♥ Day Average: ♥	Quote your session from 1(negative) to 10 (positive) If you missed a session, do not try to catch it up! Do not force yourself to run if you body does not want to.	<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 2

		Description of the session	Work Volume		Quote 1 to 10
			Km	Hours	
M O N D	Easy	1h pacing 4min30	13	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min20	10.5	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 8X200m in 55secs Recovering 200m easy 2X400 in 1min35 Recovering 400m easy C-down : 3km easy	10.8	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min20	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Easy	1h10 pacing 4min17	11.6	1h30	
S U N		OFF	16	1h10	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: ○		Training Average: ♥ Morning Average: ♥ Day Average: ♥	The Second speed session can be optional if you are not use to it. Or if you are not use to run 6 times a week.	<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 3

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min25	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	steady	45min pacing 4min15	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 6X200m in 50secs Recovering 200m easy 4X400 in 1min35 Recovering 200m easy C-down : 3km easy (Target over all pace 3min59)	11	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min15	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 8X200m in 46secs Recovering 200m easy C-down : 3km easy	9.4	1h	
S U N	Easy	1h15 pacing 4min25	17.5	1h15	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 		Training Average: Morning Average: Day Average:		<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 4

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min20	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 6X200m in 47secs Recovering 200m easy (simulate pace 3.55) 4X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	11.6	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min15	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 8X200m in alternating 48secs and 45secs Recovering 200m easy C-down : 3km easy (Target over all pace 3min59)	10	1h30	
S U N D	Easy	1h15 pacing 4min30	17	1h15	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 		Training Average: Morning Average: Day Average:		<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 5

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min19	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N	speed	W-up 3km easy 12X200m in 47secs Recovering 200m easy C-down : 3km easy	10.8	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T	speed	W-up 3km easy 8X400 in 1min35 Recovering 400m easy C-down : 3km easy (Target over all pace 3min59)	12.4	1h30	
S U N	Easy	1h20 pacing 4min17	18.5	1h20	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 		Training Average: Morning Average: Day Average:		<input type="text"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 6

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min17	14	1	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 10X300m in 1min20 Recovering 300m easy (simulate pace 3.56) C-down : 3km easy	12	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min12	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 8X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N	Easy	1h20 pacing 4min20	18.5	1h20	
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 		Training Average: Morning Average: Day Average:		<input type="text"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 7

			Work Volume		Quote 1 to 10
			Km	Hours	
M O N D	Easy	1h pacing 4min17	14	1	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min15	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 10X300m in 1min15 Recovering 300m easy C-down : 3km easy	12	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min13	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 8X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N	Easy	1h20 pacing 4min19	18.5	1h20	
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: ○		Training Average: ○ Morning Average: ○ Day Average: ○		<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 8

			Work Volume		Quote 1 to 10
			Km	Hours	
M O N D	Easy	Relaxed run : 1h pace 4min17	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min Pace 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 8X200m in 47secs Recovering 200m easy (Goal pace 3min59) C-down : 3km easy	9.2	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 10X200m in 47secs Recovering 200m easy (Goal pace 3min59) C-down : 3km easy	10	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N	Easy	1h30 pacing 4min17	16	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: ○		Training Average: ○ Morning Average: ○ Day Average: ○	Quote your session from 1(negative) to 10 (positive) If you missed a session, do not try to catch it up! Do not force yourself to run if you body does not want to.	<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 9

			Work Volume		Quote 1 to 10	
Description of the session			Km	Hours		
M O N D	Easy	1h pacing 4min17	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
T U E S	Steady	45min pacing 4min11	10.5	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
W E D N E	Speed	W-up 3km easy 8X200m in 47secs Recovering 200m easy (simulate pace 3.55) 2X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	10.8	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
S A T U	Speed	W-up 3km easy 10X200m in 47secs Recovering 200m easy (simulate pace 3.55) 2X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	11.6	1h30		
S U N	Easy	1h10 pacing 4min17	16	1h10	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
SLEEP			Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 			Training Average: Morning Average: Day Average:	The Second speed session can be optional if you are not use to it. Or if you are not use to run 6 times a week.	<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 10

			Work Volume		Quote 1 to 10	
Description of the session			Km	Hours		
M O N D	Easy	1h pacing 4min17	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
T U E S	steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
W E D N E	Speed	W-up 3km easy 6X200m in 47secs Recovering 200m easy (simulate pace 3.55) 4X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	11.6	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
S A T U	Speed	W-up 3km easy 8X200m in 46secs Recovering 200m easy (simulate pace 3.55) 4X400 in 1min35 Recovering 200m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	11.6	1h30		
S U N	Easy	1h15 pacing 4min17	17.5	1h15	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○	
SLEEP			Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 			Training Average: Morning Average: Day Average:		<input type="checkbox"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 11

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min17	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 6X200m in 47secs Recovering 200m easy (simulate pace 3.55) 4X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	11.6	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 8X200m in alternating 48secs and 45secs Recovering 200m easy 4X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)	12.4	1h30	
S U N D	Easy	1h15 pacing 4min30	17	1h15	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 		Training Average: Morning Average: Day Average:		<input type="text"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 12

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min17	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N	speed	W-up 3km easy 12X200m in 47secs Recovering 200m easy C-down : 3km easy	10.8	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T	speed	W-up 3km easy 8X400 in 1min35 Recovering 400m easy C-down : 3km easy (Target over all pace 3min59)	12.4	1h30	
S U N	Easy	1h20 pacing 4min17	18.5	1h20	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: 		Training Average: Morning Average: Day Average:		<input type="text"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 13

			Work Volume		Quote 1 to 10
Description of the session			Km	Hours	
M O N D	Easy	1h pacing 4min17	14	1	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 10X300m in 1min11 Recovering 300m easy (simulate pace 3.56) C-down : 3km easy	12	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 8X400 in 1min35 Recovering 400m easy (simulate pace 3.57) C-down : 3km easy (Target over all pace 3min59)			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N	Easy	1h20 pacing 4min17	18.5	1h20	
SLEEP			Heart Rates:		Week Remarks
Week Hours: ○			Training Average: ○ Morning Average: ○ Day Average: ○		Weight □ Kg
			Nutrition Quotation: Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○		

Week 14

			Work Volume		Quote 1 to 10
Description of the session			Km	Hours	
M O N D	Easy	1h pacing 4min17	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N	Speed	W-up 3km easy 8X200m in alternating 47secs Recovering 200m easy 5X300 in 1min11 Recovering 300m easy C-down : 3km easy	12	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T U	Speed	W-up 3km easy 2X400m in 1min35 Recovering 400m easy 4X600 in 2min23 Recovering 600m easy C-down : 3km easy	12.4	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N	Easy	1h20 pacing 4min17	18.5	1h20	
SLEEP			Heart Rates:		Week Remarks
Week Hours: ○			Training Average: ○ Morning Average: ○ Day Average: ○		Weight □ Kg
			Nutrition Quotation: Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○		

Week 15

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	1h pacing 4min20	14	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Steady	45min pacing 4min11	10.5	45min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D	speed	W-up 3km easy 8X200m in 45sec Recovering 400m easy 5X300 in 1min12 Recovering 400m easy C-down : 3km easy	14.3	1h45	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	1h pacing 4min11	14.5	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T	easy	1h20 pacing 4min17	18.5	1h20	
S U N	Speed	W-up 3km easy 2X400m in 1min35 Recovering 400m easy 4X600 in 2min23 Recovering 400m easy C-down : 3km easy	11.6	1h30	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: ○		Training Average: ♥ Morning Average: ♥ Day Average: ♥		<input type="text"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

Week 16

			Work Volume		
Description of the session			Km	Hours	Quote 1 to 10
M O N D	Easy	30min pacing 4min11	7	30min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T U E S	Easy	50min pacing 4min17	11.5	1h	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
W E D N E	Speed	W-up 3km easy 10X200m in 45sec Recovering 400m easy C-down : 3km easy			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
T H U R	Steady	30min pacing 4min10			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
F R I D A Y		OFF			Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S A T	Easy	30min pacing 4min20	7	30min	Difficulty: ○ Enjoyment: ○ Form: ○ Sleep: ○
S U N	Race	10km sub 40min pacing	10	39min	
SLEEP		Heart Rates:	Week Remarks	Weight	Nutrition Quotation:
Week Hours: ○		Training Average: ♥ Morning Average: ♥ Day Average: ♥		<input type="text"/> Kg	Carbohydrates: ○ Alcohol: ○ Water: ○ Food supplement: ○ Cigarettes: ○ Over Training: ○ Fatigue: ○

☞ I hope you enjoyed this Training Plan and find it beneficial in achieving your goal. ☞

✍ Do not hesitate to contact me for any questions and inquiries ✍

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