



# Sample 10k training plan - week 5 of 12

10k	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total weekly mileage
<b>Beginner</b>	Strength & Conditioning	Steady 3 miles	rest	Steady 3 miles pushing middle ½ mile at a slightly faster pace	rest	Long run - 4 miles	rest	10 miles Over 3 runs
<b>Intermediate</b>	Easy 3 miles  Strength & Conditioning	Speed session - ½ mile warm up, 5x1 min hard, 1 min recovery, ½ mile cool down (approx 3 miles)	rest	Tempo run - ½ mile warm up. 2 miles at tempo pace. ½ mile cool down	rest	Long run - 5 miles	rest	14 miles  Over 4 runs

# Sample - Half marathon training plan - week 5 of 12



Half Marathon	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total weekly mileage
<b>Beginner</b>	Strength & Conditioning	Steady 4 miles	rest	Steady 4 miles pushing the middle mile at a slightly faster pace	rest	Long run - 6 miles	rest	14 miles Over 3 runs
<b>Intermediate</b>	Easy 4 miles  Strength & Conditioning	Speed session - 1 mile warm up, 6x90 sec hard, 1 min recoveries, 1 mile cool down  (Approx 4 miles)	rest	Tempo run - 5 mile run building to tempo speed in the first mile. Pushing hills. Slowing over last ½ mile	rest	Long run - 9 miles	rest	23 miles Over 4 runs