



Training for 10km

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1	3km hill	Strenght training	2 x 1km	Strenght training	3km fartlek	3km	Rest	11km
Week 2	3km hill	Strenght training	2 x 1km	Strenght training	3km fartlek	4km	Rest	12km
Week 3	3km hill	Strenght training	2 x 1km	Strenght training	3km fartlek	5km	Rest	13km
Week 4	3km hill	Strenght training	3 x 1km	Strenght training	3km fartlek	6km	Rest	15km
Week 5	3km hill	Strenght training	3 x 1km	Strenght training	3km fartlek	7km	Rest	16km
Week 6	3km hill	Strenght training	3 x 1km	Strenght training	3km fartlek	5km	Rest	14km
Week 7	4km hill	Strenght training	1 x 2km	Strenght training	4km fartlek	8km	Rest	18km
Week 8	4km hill	Strenght training	1 X 2km	Strenght training	4km fartlek	5km	Rest	15km
Week 9	4km hill	Strenght training	2 X 2km	Strenght training	4km fartlek	8km	Rest	20km
Week 10	4km hill	Strenght training	2 X 2km	Strenght training	4km fartlek	6km	Rest	18km
Week 11	3km hill	Strenght training	2 X 2km	Strenght training	3km fartlek	5km	Rest	15km
Week 12	3km hill	Strenght training	3km	Strenght training	Rest	Race	Rest	16km