



B.A.A. 10K TRAINING PLAN – LEVEL ONE

WEEK 1

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| Monday | 20 minutes easy run |
| Tuesday | 20 minutes easy run or 30 minutes cross training |
| Wednesday | Rest Day |
| Thursday | 25 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 10 minutes at half marathon pace, 3 minutes rest, 10 minutes easy |
| Sunday | 25 minutes easy run |

WEEK 2

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|-----------|---|
| Monday | Rest Day |
| Tuesday | 25 minutes easy run |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 25-30 minutes easy run |
| Friday | Rest Day |
| Saturday | 12-15 minutes easy, 2 x 10 minutes at half marathon pace with 3 minutes rest, 10 minutes easy |
| Sunday | 30 minutes easy run |

WEEK 3

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|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 6 x 2 minutes at 10k pace with 2 minutes recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30-35 minutes easy run |
| Friday | Rest Day |
| Saturday | 10-12 minutes easy, 3 x 10 minutes at half marathon pace with 3 minutes rest, 10 minutes easy |
| Sunday | 30-35 minutes easy run |

WEEK 4

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|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 8 x 2 minutes at 10k pace with 2 minutes recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30-35 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 2 x 15 minutes at half marathon pace with 3 minutes rest, 10 minutes easy |
| Sunday | 30-35 minutes easy run |

WEEK 5

| | |
|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 6 x 3 minutes at 10k pace with 2 minutes recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30-40 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 30 minutes at half marathon pace, 10 minutes easy |
| Sunday | 35-40 minutes easy run |

WEEK 6

| | |
|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 5 x 3 minutes at 10k pace with 90 seconds recovery jog, 5 x 1 minute at 5k pace with 1 minute recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30-40 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 25 minutes at half marathon pace, 4-5 minutes rest, 5 minutes at 10k pace, 3 minutes rest, 10 minutes easy |
| Sunday | 35-40 minutes easy run |

WEEK 7

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|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 4 x 3 minutes at 10k pace with 90 seconds recovery jog, 4 x 90 seconds at 5k pace with 90 seconds recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |

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| Thursday | 30-40 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 20 minutes at half marathon pace, 4-5 minutes rest, 10 minutes at 10k pace, 3 minutes rest, 10 minutes easy |
| Sunday | 35-40 minutes easy run |

WEEK 8

| | |
|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 4 x 3 minutes at 10k pace with 90 seconds recovery jog, 4 x 2 minutes at 5k pace with 2 minutes recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30-40 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 10 minutes at half marathon pace, 3 minutes rest, 2 x 10 minutes at 10k pace with 3 minutes rest, 10 minutes easy |
| Sunday | 40-45 minutes easy run |

WEEK 9

| | |
|-----------|---|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 3 x 3 minutes at 10k pace with 90 seconds recovery jog, 6 x 2 minutes at 5k pace with 2 minutes recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30-40 minutes easy run |
| Friday | Rest Day |
| Saturday | 20 minutes easy, 3 x 10 minutes at 10k pace with 3 minutes rest, 10 minutes easy |
| Sunday | 40-45 minutes easy run |

WEEK 10

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|-----------|--|
| Monday | Rest Day |
| Tuesday | 12-15 minutes warm up jog, 6-7 x 3 minutes at 5k pace with 2 minutes recovery jog, 12-15 minutes warm down jog |
| Wednesday | 30-40 minutes easy cross training |
| Thursday | 30 minutes easy run |
| Friday | Rest Day |
| Saturday | 15 minutes easy, 15 minutes at half marathon pace, 3 minutes rest, |

Sunday 2 x 10 minutes at 10k pace with 3 minutes rest,
10 minutes easy
40-45 minutes easy run

WEEK 11

Monday Rest Day
Tuesday 12-15 minutes warm up jog,
8-10 x 2 minutes at 5k pace with 2 minutes recovery jog,
12-15 minutes warm down jog
Wednesday 30-40 minutes easy cross training
Thursday 30 minutes easy run
Friday Rest Day
Saturday 20 minutes easy,
15 minutes at half marathon pace, 3 minutes rest,
15 minutes at 10k pace, 3 minutes rest,
10 minutes easy
Sunday 30 minutes easy run

WEEK 12

Monday Rest Day
Tuesday 25-30 minutes easy
Wednesday 15 minutes warm up jog,
8 x 1 minutes at 5k pace with 1 minute recovery jog,
10 minutes warm down jog
Thursday Rest Day
Friday 20-25 minutes easy
Saturday 15-20 minutes easy
Sunday **B.A.A. 10K Race Day**