



B.A.A. 10K TRAINING PLAN – LEVEL THREE

WEEK 1

Monday	3-4 miles easy
Tuesday	3-4 miles easy or 30 minutes cross training
Wednesday	Rest Day
Thursday	2 miles easy, 2 miles steady pace
Friday	Rest Day
Saturday	15-20 minutes warm up jog, 2 miles at half marathon pace, 10 minutes warm down jog
Sunday	6-8 miles easy

WEEK 2

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	2 miles easy, 3 miles steady pace
Wednesday	3-5 miles easy
Thursday	1 mile easy, 3 miles steady pace, 4 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	3-4 miles easy or 30 minutes cross training
Saturday	15-20 minutes warm up jog, 3 miles at half marathon pace, 15-20 minutes warm down jog
Sunday	7-9 miles easy

WEEK 3

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 6 x 1/2 mile at 10k pace with 3 minutes rest, 15-20 minutes warm down jog
Wednesday	3-5 miles easy
Thursday	4-5 miles steady pace, 5 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-5 miles easy or 30-40 minutes cross training
Saturday	15-20 minutes warm up jog, 3 miles at half marathon pace, 15-20 minutes warm down jog
Sunday	7-9 miles easy

WEEK 4

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 4 x 1/2 mile at 10k pace with 3minutes rest, 4 x 1/4 mile at 5k pace with 90 seconds rest, 15-20 minutes warm down jog
Wednesday	3-5 miles easy
Thursday	4-5 miles steady pace, 6 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-5 miles easy or 30-40 minutes cross training
Saturday	15-20 minutes warm up jog, 4 miles at half marathon pace, 15-20 minutes warm down jog
Sunday	8-10 miles easy

WEEK 5

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 4 x 1/2 mile at 10k pace with 3 minutes rest, 8 x 1/4 mile at 5k pace with 90 seconds rest, 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 8 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15-20 minutes warm up jog, 2miles at half marathon pace, 2minutes rest, 2 x 1/2mile at 10k pace with 2 minutes rest, 2 miles at half marathon pace, 15-20 minutes warm down jog
Sunday	8-10 miles easy

WEEK 6

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 3 sets of (1 mile at 10k pace, 2 minutes rest, 1/2 mile at 5k pace) 3-4 minutes rest between sets 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 8 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15 minutes warm up jog, 4 miles at half marathon pace, 3-4 minutes rest, 1 mile at 10k pace 15 minutes warm down jog
Sunday	9-11 miles easy

WEEK 7

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 4 x 1/2 mile at 10k-5k pace with 3minutes rest, 8 x 1/4 mile at 5k pace with 90 seconds rest, 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 8 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15-20 minutes warm up jog, 2 miles at half marathon pace, 2 minutes rest, 1 mile at 10k pace, 3 minutes rest, 2 miles at half marathon pace, 2 minutes rest, 1 mile at 10k pace, 3 minutes rest, 15-20 minutes warm down jog
Sunday	9-11 miles easy

WEEK 8

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 3 sets of (1 mile at 10k pace, 2 minutes rest, 1/2 mile at 5k pace) 3-4 minutes rest between sets 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 8 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15 minutes warm up jog, 5 miles at half marathon pace, 3-4 minutes rest, 1 mile at 10k pace 15 minutes warm down jog
Sunday	10-12 miles easy

WEEK 9

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 6 x 1/2 mile at 5k pace with 3 minutes rest, 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 8 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15-20 minutes warm up jog, 2 miles at half marathon pace, 2 minutes rest, 2 miles at half marathon pace, 3 minutes rest, 2 x 1 mile at 10k pace with 3 minutes rest, 15-20 minutes warm down jog
Sunday	10-12 miles easy

WEEK 10

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 3 sets of (1 mile at 10k pace, 2 minutes rest, 1/2 mile at 5k pace) 3-4 minutes rest between sets 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 8 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15 minutes warm up jog, 5 miles at half marathon pace, 3-4 minutes rest, 1 mile at 10k pace 15 minutes warm down jog
Sunday	10-12 miles easy

WEEK 11

Monday	Rest Day or 30-40 minutes easy cross training
Tuesday	15-20 minutes warm up jog, 5 x 1k at 5k pace with 3 minutes rest, 15-20 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	5-6 miles steady pace, 6 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	4-6 miles easy or 30-40 minutes cross training
Saturday	15-20 minutes warm up jog, 2 miles at half marathon pace, 3 minutes rest, 2 miles at 10k pace, 4 minutes rest, 1 mile at 10k pace with 3 minutes rest, 15-20 minutes warm down jog
Sunday	7-9 miles easy

WEEK 12

Monday	Rest Day
Tuesday	10 minutes warm up jog, 2 miles at half marathon pace, 3-4 minutes rest, 8 x 1/4 mile at 5k pace with 90 seconds rest, 15 minutes warm down jog
Wednesday	4-6 miles easy
Thursday	4-5 miles easy, 4 x 30 seconds sprints with 1 minute rest, 5 minutes warm down
Friday	3-5 miles easy (or Rest Day)
Saturday	2-3 miles easy
Sunday	B.A.A. 10k Race Day