



B.A.A. 10K TRAINING PLAN – LEVEL TWO

WEEK 1

Monday	2-3 miles easy
Tuesday	3-4 miles easy or 30 minute cross training
Wednesday	Rest Day
Thursday	3 miles easy, 1 miles steady
Friday	Rest Day
Saturday	12-15 minute warm up jog, 2 miles at half marathon pace, 10 minute warm down jog
Sunday	5-7 miles easy

WEEK 2

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

WEEK 3

Monday	Rest Day
Tuesday	12-15 minute warm up jog, 4 x 1/2 mile at 10k pace with 3 minute rest 4 x 1/4 mile at 10k pace with 90 seconds rest, 12-15 minute warm down jog
Wednesday	3-5 miles easy
Thursday	1 mile easy, 3 miles steady pace, 5 x 30 seconds sprints with 1 minute rest, 5 minute warm down
Friday	Rest Day or 30 minute cross training
Saturday	12-15 minute warm up jog, 3miles at half marathon pace, 12-15 minute warm down jog

Sunday 6-8 miles easy

WEEK 4

Monday Rest Day

Tuesday 12-15 minute warm up jog,
6 x 1/2 mile at 10k pace with 3 minute rest,
12-15 minute warm down jog

Wednesday 3-5 miles easy

Thursday 4 miles steady pace,
6 x 30 seconds sprints with 1 minute rest,
5 minute warm down

Friday Rest Day or 30 minute cross training

Saturday 15-20 minute warm up jog,
3 miles at half marathon pace,
12-15 minute warm down jog

Sunday 7-9 miles easy

WEEK 5

Monday Rest Day

Tuesday 12-15 minute warm up jog,
4 x 1/2 mile at 10k pace with 3 minute rest,
4 x 1/4 mile at 5k pace with 90 seconds rest,
12-15 minute warm down jog

Wednesday 3-5 miles easy

Thursday 4 miles steady pace,
6 x 30 seconds sprints with 1 minute rest,
5 minute warm down

Friday Rest Day or 35-40 minute cross training

Saturday 12-15 minute warm up jog,
3 miles at half marathon pace, 2 minute rest,
2 x 1/2 mile at 10 pace with 2 minute rest,
12-15 minute warm down jog

Sunday 7-9 miles easy

WEEK 6

Monday Rest Day

Tuesday 12-15 minute warm up jog,
2 sets of (1 mile at half marathon pace, 2 minute rest, 1 mile at 10k pace)
3-4 minute rest between sets
12-15 minute warm down jog

Wednesday 3-5 miles easy

Thursday 4 miles steady pace,
8 x 30 seconds sprints with 1 minute rest,
5 minute warm down

Friday Rest Day or 35-40 minute cross training

Saturday 12-15 minute warm up jog,
3 miles at half marathon pace, 2 minute rest,
1 mile at 10 pace,
12-15 minute warm down jog

Sunday 8-10 miles easy

WEEK 7

Monday Rest Day

Tuesday 12-15 minute warm up jog,
3 x 1/2 mile at 10k pace with 3minute rest,
6 x 1/4 mile at 5k pace with 90 seconds rest,
15-20 minute warm down jog

Wednesday 3-5 miles easy

Thursday 4 miles steady pace,
8 x 30 seconds sprints with 1 minute rest,
5 minute warm down

Friday Rest Day or 35-40 minute cross training

Saturday 12-15 minute warm up jog,
2 miles at half marathon pace, 2minute rest, 1mile at 10k pace, 3minute rest,
2 miles at half marathon pace,
12-15 minute warm down jog

Sunday 8-10 miles easy

WEEK 8

Monday Rest Day

Tuesday 12-15 minute warm up jog,
2 sets of (1 mile at 10k pace, 2 minute rest, 1/2 mile at 5k pace)
3-4 minute rest between sets
12-15 minute warm down jog

Wednesday 3-5 miles easy

Thursday 4-5 miles steady pace,
8 x 30 seconds sprints with 1 minute rest,
5 minute warm down

Friday Rest Day or 35-40 minute cross training

Saturday 12-15 minute warm up jog,
4 miles at half marathon pace, 2 minute rest,
1 mile at 10k pace,
12-15 minute warm down jog

Sunday 9-11 miles easy

WEEK 9

Monday Rest Day

Tuesday 12-15 minute warm up jog,
2 x mile at 10k pace with 3 minute rest,
3 x 1/2 mile at 5k pace with 3 minute rest,
12-15 minute warm down jog

Wednesday 3-5 miles easy

Thursday 4-5 miles steady pace,
8 x 30 seconds sprints with 1 minute rest,
5 minute warm down

Friday Rest Day or 35-40 minute cross training

Saturday 12-15 minute warm up jog,
2 miles at half marathon pace, 2 minute rest, 1 mile at 10k pace, 3 minute rest,

Sunday 2 miles at half marathon pace,
12-15 minute warm down jog
9-11 miles easy

WEEK 10

Monday Rest Day
12-15 minute warm up jog,
2 sets of
Tuesday (1 mile at 10k pace, 2 minute rest, 2 x 1/2 mile at 5k pace with 2 minute rest)
3-4 minute rest between sets
12-15 minute warm down jog
Wednesday 3-5 miles easy
Thursday 4-5 miles steady pace,
8 x 30 seconds sprints with 1 minute rest,
5 minute warm down
Friday Rest Day or 35-40 minute cross training
12-15 minute warm up jog,
Saturday 3 miles at half marathon pace, 2 minute rest,
2 miles at 10k pace,
12-15 minute warm down jog
Sunday 8-10 miles easy

WEEK 11

Monday Rest Day
12-15 minute warm up jog,
Tuesday 2 x mile at 10k pace with 3 minute rest,
3 x 1/2 mile at 5k pace with 3 minute rest,
12-15 minute warm down jog
Wednesday 3-5 miles easy
Thursday 4-5 miles steady pace,
8 x 30 seconds sprints with 1 minute rest,
5 minute warm down
Friday Rest Day or 35-40 minutes cross training
12-15 minute warm up jog,
Saturday 2 miles at half marathon Pace, 2minute rest, 1 mile at 5k pace, 3 minute rest,
1 mile at half marathon pace, 3 minute rest
12-15 minute warm down jog
Sunday 6-8 miles easy

WEEK 12

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

Saturday

2-3 miles easy

Sunday

B.A.A. 10K Race Day