

RUN 10k IN 10 WEEKS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		■ 30 minutes		● 30 minutes			▲ 20 minutes
Week 2		■ 30 minutes		● 30 minutes			▲ 20 minutes
Week 3		■ 30 minutes		● 30 minutes			▲ 20 minutes
Week 4		■ 45 minutes		▲ 20 minutes			▲ 30 minutes
Week 5		■ 45 minutes		▲ 20 minutes			▲ 40 minutes
Week 6		■ 45 minutes		▲ 20 minutes			▲ 50 minutes
Week 7		● 45 minutes		▲ 30 minutes			▲ 60 minutes
Week 8		● 45 minutes		▲ 45 minutes			▲ 60 minutes
Week 9		● 45 minutes		▲ 45 minutes			▲ 60 minutes
Week 10		■ 45 minutes		■ 45 minutes			Race day
Week 11		■ 30 minutes		● 30 minutes			▲ 20 minutes

Key

▲ = Run

● = Cycle

■ = Swim

★★★★★

How was it for you?

I hope that this training plan helps you to achieve your 10k goals and that you enjoyed *Run 10k in 10 Weeks*.

The profits from this ebook support <http://foot4ward.co.uk>, an independent running website featuring race reports, course previews, training advice and impartial product reviews. If you want to stick with the running, you can subscribe by email, follow the site on Facebook or just pop on by every now and then to catch up on the latest news.

To keep the site going, I would be grateful if you could do one of two things:

1. Give me some feedback on how you found this training plan, and any improvements you would like to see made to the ebook. You can do this by completing the survey at <http://www.surveymonkey.com/s/MXS73FC>

2. Post a review of the ebook on Amazon. Independent books live and die by customer reviews, so if you liked this ebook and would recommend it to others, please share your thoughts at www.amazon.co.uk (in the UK) or www.amazon.com (in the US).

