

12-WEEK 10KM RUNNING PROGRAM

VALERIAKOLESOVA.COM

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3K easy + ABCs	Mobility	3×2min fartlek (2min easy between)	Mobility	3K easy + ABCs	Rest	5K long slow (7:30–7:45/km)
2	4K easy + ABCs	Mobility	4×2min fartlek (2min easy between)	Mobility	4K easy + ABCs	Rest	6K long slow (7:25–7:40/km)
3	4.5K easy + ABCs	Mobility	4×2min fartlek (2min easy between)	Mobility	4.5K easy + ABCs	Rest	7K long slow (7:20–7:40/km)
4	5K easy + ABCs	Mobility	5×2min fartlek (2min easy between)	Mobility	5K easy + ABCs	Rest	8K long slow (7:20–7:40/km)
5	6K easy + ABCs	Mobility	6×2min fartlek (2min easy between)	Mobility	5K tempo (7:00/km) + ABCs	Rest	8.5K long slow
6	6.5K easy + ABCs	Mobility	Mona Fartlek	Mobility	5.5K tempo (6:55–7:00/km) + ABCs	Rest	9K long slow
7	7K easy + ABCs	Mobility	Mona Fartlek	Mobility	6K tempo (6:50–6:55/km) + ABCs	Rest	9.5K long slow
8	7K easy + ABCs	Mobility	Mona Fartlek	Mobility	6.5K tempo (6:45–6:50/km) + ABCs	Rest	10K long slow
9	7.5K easy + ABCs	Mobility	Mona Fartlek	Mobility	7K tempo (6:45–6:50/km) + ABCs	Rest	10.5K long slow
10	8K easy + ABCs	Mobility	Mona Fartlek	Mobility	7K tempo (6:40–6:45/km) + ABCs	Rest	11K long slow
11	8K easy + ABCs	Mobility	Mona Fartlek	Mobility	7.5K tempo (6:40–6:45/km) + ABCs	Rest	11.5K long slow
12	5K easy + ABCs	Mobility	Mona Fartlek	Mobility	4K easy + ABCs	Rest	10K Race!