RunFaster

10k Training Program

If you have recently completed a 5-kilometer event, or our Learn2Run program, and are looking to complete a 10-k event in under 60 minutes — this is the program for you! The workouts are distance-based because we want the volume progression to be relative to the actual event.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total (km)
01	OFF	OFF	4K	OFF	3K	OFF	5K	**12K**
02	OFF	OFF	4K	OFF	4K	OFF	6K	**14K**
03	OFF	OFF	4K	OFF	OFF	5K	7K	**16K**
04	OFF	OFF	5K	OFF	3K	OFF	8K	**16K**
05	3K	OFF	5K	OFF	3K	OFF	6K	**17K**
06	3K	OFF	3 X HILLS	OFF	OFF	4K	9K	**21K**
07	OFF	OFF	4 X HILLS	OFF	4K	OFF	10K	**21K**
08	3K	OFF	5 X HILLS	OFF	3K	OFF	12K	**24K**
09	3K	OFF	6K	OFF	OFF	5K	7K	**21K**
10	OFF	OFF	5K	OFF	6K	OFF	10K	**21K**

YOU GOT THIS!