



IMPROVER'S SIX-WEEK PLAN

You've probably run 10K before and now want to improve your time. The emphasis is still on endurance, but you'll also be raising your 'lactate threshold' – otherwise known as the point at which your legs turn to jelly! – by completing a mid-week faster-paced session of either intervals or fartlek.

This plan also steps up from three to four days a week, so it does mean you need to be dedicated, as you'll be running on consecutive days during the week – are you ready for the challenge?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3 miles easy	Rest	3 miles fartlek	3 miles easy	Rest	4 miles easy
WEEK 2	Rest	3 miles easy	Rest	1 mile easy, 2x1 mile target race pace, 1 mile easy	3 miles easy	Rest	6 miles easy
WEEK 3	Rest	4 miles easy	Rest	5 miles fartlek	3 miles easy	Rest	7 miles easy
WEEK 4	Rest	4 miles easy	Rest	1 mile easy, 3x1 mile target Event Day pace, 1 mile easy	3 miles easy	Rest	8 miles easy
WEEK 5	Rest	3 miles easy	Rest	4 miles fartlek	3 miles easy	Rest	4 miles easy
WEEK 6	Rest	3 miles easy	Rest	1 mile easy, 1 mile target Event Day pace, 1 mile easy	3 miles easy	Rest	Run 10K event