



FRONT**RUNNER**
EVENTS LTD

10K IMPROVER PLAN

FRONT RUNNER EVENTS 10K - 8 WEEK IMPROVER PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
WEEK 1	REST	30 Minutes Fartlek Run	Strength & Conditioning	20 minutes at race pace	Strength & Conditioning	REST	30 minutes easy run	80 Minutes
WEEK 2	REST	30 Minutes Fartlek Run	Strength & Conditioning	25 minutes at race pack	Strength & Conditioning	REST	30 minutes easy run	85 Minutes
WEEK 3	REST	30 Minutes Fartlek Run	Strength & Conditioning	30 minutes at race pace	Strength & Conditioning	REST	40 minutes easy run	100 Minutes
WEEK 4	REST	40 Minutes Fartlek Run	Strength & Conditioning	30 minutes at race pace	Strength & Conditioning	REST	50 minutes easy run	120 Minutes
WEEK 5	REST	40 Minutes Fartlek Run	Strength & Conditioning	40 minutes at race pace	Strength & Conditioning	REST	60 minutes easy run	140 Minutes
WEEK 6	REST	40 Minutes Fartlek Run	Strength & Conditioning	40 minutes at race pace	Strength & Conditioning	REST	60 minutes easy run	140 Minutes
WEEK 7	REST	30 Minutes Fartlek Run	Strength & Conditioning	30 minutes at race pace	Strength & Conditioning	REST	40 minutes easy run	100 Minutes
WEEK 8	REST	30 Minutes Fartlek Run	Strength & Conditioning	20 minutes at race pace	Strength & Conditioning	REST	10K Race!	#BeYourBest