



# CALCUTTA RUN

## 6 WEEK 10K TRAINING PLAN

This plan is geared towards athletes who have done some running of recent times, perhaps having just finished a 5K and are looking to challenge themselves over a longer distance.

### Week 1

Day 1 30 Minutes Run at an Easy Pace  
(E indicates Easy Pace)

Day 2 30 Minutes E

Day 3 35 Minutes E

Day 4 30 Minutes E

### Week 2

Day 1 30 Minutes E

Day 2 40 Minutes E

Day 3 20 Minutes E + 10 Minutes at a Faster  
Pace to finish

Day 4 45 Minutes E

### Week 3

Day 1 35 Minutes E

Day 2 15 Minutes E + 15 Minutes at a Faster  
Pace + 15 Minutes E

Day 3 45 Minutes E

Day 4 50 Minutes E

### Week 4

Day 1 40 Minutes E

Day 2 15 Minutes E + 3 x 4 Minutes at a Faster  
Pace with 2 Minutes between runs  
15 Minutes easy warm down

Day 3 45 Minutes E

Day 4 60 Minutes E

### Week 5

Day 1 45 Minutes E

Day 2 15 Minutes E + 5 x 3 Minutes at a Faster  
Pace with 90 second jog between runs  
15 Minutes easy warm down

Day 3 20 Minutes E + 20 Minutes at a Faster Pace  
15 Minutes easy warm down

Day 4 60 Minutes E

### Week 6

Day 1 30 Minutes E

Day 2 15 Minutes Easy + 3 x 4 Minutes at Faster  
Pace with 2 Minutes jog between runs  
15 Minutes easy warm down

Day 3 30 Mins E

Day 4 WE HAVE REACHED OUR TARGET - CALCUTTA  
10K RUN