

4-Day 10K Training Program

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy Jog 10-15 min	Aerobic Run 20-25 min			Out 'n' Back 15-20 min	Long Aerobic Run 30-35 min	
2	Easy Jog 10-15 min	Aerobic Run 20-25 min			Out 'n' Back 15-20 min	Long Aerobic Run 35-40 min	
3	Easy Jog 10-15 min	Aerobic Run 25-30 min			Out 'n' Back 20-25 min	Long Aerobic Run 45-50 min	
4	Easy Jog 15-20 min	Aerobic Run 30-35 min			Out 'n' Back 20-25 min	Long Aerobic Run 50-55 min	
5	Easy Fartlek 20-25 min	Hills 20-25 min			Out 'n' Back 25-30 min	Long Aerobic Run 55-60 min	
6	Easy Fartlek 20-25 min	Hills 25-30 min			Out 'n' Back 30-35 min	Long Aerobic Run 65-70 min	
7	Easy Fartlek 20-25 min	Hills 30-35 min			Out 'n' Back 30-35 min	Long Aerobic Run 75-80 min	

Priority Level

 Priority 1

 Priority 2

 Priority 3

 Priority 4

Five Circles is a 501(c)(3) non-profit whose mission is to continue to bring Master Coach Arthur Lydiard's proven endurance training system to runners of all ages and abilities helping them to achieve their performance, health and fitness goals and potential. Lydiard® is a registered trademark of Five Circles.

4-Day 10K Training Program

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
8	Easy Fartlek 20-25 min	Intervals 6 x 300m			Out 'n' Back 25-30 min	Long Aerobic Run 85-90 min	
9	Easy Fartlek 30-35 min	Intervals 5 x 400m			Out 'n' Back 40-45 min	Long Aerobic Run 85-90 min	
10	Easy Fartlek 40-45 min	Intervals 10 x 200m			Out 'n' Back 50-55 min	Long Jog 40-45 min	
11	Jog 25-30 min		Easy Fartlek 20-25 min	Up Tempo 400 m		Jog 10-15 min	RACE DAY!

Workout Definitions

(Long) Aerobic Run

Run at a comfortable pace (not jogging). You should be able to have a conversation.

Warm Up

The first part of your run to warm up your body. Always start by jogging and gradually increase your pace naturally for about 10-15 minutes.

Cool Down

Always take an easy 10-minute jog after a fast workout to allow your body to reset.

Easy Fartlek (Speed Play)

Warm up 5-10 minutes before running a variety of different paces and distances. Mix in an easy recovery jog between faster paces. Always cool down after.

Strides

Warm up and stretch. Run over the suggested distance allowing your body to decelerate naturally. Take a 3-5 minute break every 3rd stride. Always cool down

(Long) Jog

Run slower than you think possible.

Out 'n' Back

Comfortably fast, aerobic run. Choose an out and back route to run at a comfortably fast pace. Check your split at the turnaround, then try to run with the same effort on the way back. You want to be the same or slightly faster on the way back.

Hills

Warm up. Use a hill 200-400m in length. Run uphill with an exaggerated motion with good posture. Lift the knee, concentrate on arm swing. On the downhill, relax while you let gravity take you down. Form over speed. Cool down.

Intervals

Always do a warm up. In between each repeat distance, take a recovery jog interval of the same distance. Please note: STOP the workout early if you struggle to hold the pace, you cannot hold good form. Always cool down.

