

4-months training plan for 10k (result of running program 45 minutes)

Before starting the training plan, I would like to draw your attention to a few facts.

This training plan is general. Everyone is unique and everyone needs a different approach.

The plan is designed for a fit (healthy) person determined to work on the running form.

I wish you all the best, good health, strength and determination on the path to achieving your goals.

Romana Komárňanská, Bratislava Marathon Team coach

1-week training schedule (27.04. – 03.05.2020)

Monday: 8k (5:20)

Tuesday: rest

Wednesday: 10k easy run, improving aerobic capacity

Thursday: rest

Friday: 10k (5:20)

Saturday: rest

Sunday: 12k (5:25)

2-week training schedule (04.05. – 10.05.2020)

Monday: rest

Tuesday: 4k easy run, faster run 10x150m with jogging 100m, RR 4k

Wednesday: 8k easy run

Thursday: rest

Friday: 11k easy run



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Saturday: rest

Sunday: 13k (5:30)

3-week training schedule (11.05 - 17.05.2020)

Monday: 7k (5:15)

Tuesday: rest

Wednesday: rest

Thursday: 14k easy run

Friday: 8k (5:15)

Saturday: rest

Sunday: 12k easy run

4-week training schedule (18.05. - 24.05.2020)

Monday: 5k easy run, at the end faster run 10x80m

Tuesday: rest

Wednesday: 10k easy run

Thursday: 6k (5:10)

Friday: rest

Saturday: J 2k, 5k (4:55) RR 2k, summary 9k

Sunday: 12k (5:05)

5-week training schedule (25.05. - 31.05.2020)

Monday: rest

Tuesday: 3k easy run, 8x200m faster run with jogging 100m, RR 3k

Wednesday: 10k easy run

Thursday: rest

Friday: 8k (5:00)





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Saturday: 14k easy run

Sunday: rest

6-week training schedule (01.06. – 07.06.2020)

Monday: 6k easy run, 10x100m faster run

Tuesday: rest

Wednesday: 8k easy run

Thursday: rest

Friday: rest

Saturday: 15k easy trail run

Sunday: 8k easy run

7-week training schedule (08.06. – 14.06.2020)

Monday: rest

Tuesday: J 3k, 10x120 faster uphill run, RR 3k

Wednesday: 12k (5:10)

Thursday: rest

Friday: 5k easy run, 10x70m faster run

Saturday: J 1,5k, 6k (4:45) P 3 minutes, 2x1k (4:25) P: after kilometers 2:30, RR 1,5k

Sunday: 10k recovery run

8-week training schedule (15.06. – 21.06.2020)

Monday: rest

Tuesday: 8k easy run, 10x100m faster run

Wednesday: 2k easy run, 8x300m faster run, RR 2k

Thursday: 7k (5:00)

Friday: rest





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Saturday: J 1,5k, 6k (4:55), P 3 minutes, 3k (4:45), P 2 minutes, 2k (4:35),
P 2 minutes, 1k (4:25), RR 1,5k

Sunday: 12k easy trail run

9-week training schedule (22.06. – 28.06.2020)

Monday: rest

Tuesday: 10k easy run

Wednesday: 7k easy run, 10x100m faster run

Thursday: 14k (5:00)

Friday: rest

Saturday: 8k (4:45)

Sunday: 14k easy run

10-week training schedule (29.06. – 05.07.2020)

Monday: 8k (5:15)

Tuesday: rest

Wednesday: J 2k, main part: 12x200m (48s) P: 2 minutes, RR 2k, summary 6,4k

Thursday: 10k (5:20)

Friday: rest

Saturday: rest

Sunday: 12k (5:30)

11-week training schedule (06.07. – 12.07.2020)

Monday: rest

Tuesday: 10k (5:00)

Wednesday: J 2k, main part: 10x300m (1:15), P: 2 minutes, RR 2k, summary 7k

Thursday: rest





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Friday: 6k easy run, at the end 10x60m faster run

Saturday: J 1k, main part: tempo run 6k (4:45/4:50) RR 1k, summary 8k

Sunday: rest

12-week training schedule (13.07. – 19.07.2020)

Monday: 8k (5:10)

Tuesday: rest

Wednesday: J 2k, main part: 8x400m (1:38/1:40), P: 3 minutes, RR 2k, summary 7,2k

Thursday: 8k easy run

Friday: rest

Saturday: J 1k, tempo run 7k (4:40), RR 1k, summary 9k

Sunday: 14k (5:30)

13-week training schedule (20.07. – 26.07.2020)

Monday: rest

Tuesday: 12k (5:10)

Wednesday: rest

Thursday: J 2k, 5x1k (4:10) P: 2:30, RR 2k, summary 9k

Friday: recovery run 6k

Saturday: rest

Sunday: 15k (5:00)

14-week training schedule (27.07. – 02.08.2020)

Monday: 7k (5:15)

Tuesday: rest

Wednesday: J 2k, 3x (200 (45s) ,300 (1:12) ,400 (1:35) P: 2:30, RR 2k, summary 6,7k

Thursday: rest





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Friday: 6k easy run, at the end 10x100m faster run with jogging 100m, summary 8k

Saturday: rest

Sunday: J 1k, tempo run 6k (4:35) RR 1k, summary 8k

15-week training schedule (03.08. – 09.08.2020)

Monday: rest

Tuesday: 8k (4:55)

Wednesday: rest

Thursday: J 1,5k, main part: 8x600m P: 2:30, RR 1,5k, summary 7,8k

Friday: 7k (5:00)

Saturday: rest

Sunday: 16k easy run

16-week training schedule (10.08. – 16.08.2020)

Monday: rest

Tuesday: 8k (5:00)

Wednesday: J 1,5k, main part: 3x2k, P: 3:30 (1st result 9minutes, 4:30 pace/k, 2nd result 8:40 (4:20pace/k), 3th result 8:30/8:20 (4:15/4:10pace/k) RR 1,5k, summary 9k

Thursday: 12k (5:30)

Friday: rest

Saturday: J 1k, 5k (4:30), RR 1k, summary 7k

Sunday: 14k (5:15)

17-week training schedule (17.08. – 23.08.2020)

Monday: rest

Tuesday: 8k easy run, 10x60m faster run





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Wednesday: J 2k, 8x250m faster run uphill, P: easy run downhill, RR 2k

Thursday: 10k easy run

Friday: rest

Saturday: 3k easy run, 10x120m faster run with jogging 100m, RR 3k

Sunday: J 1,5k main part: 7k (4:35/4:40) RR 1,5k

18-week training schedule (24.08. – 30.08.2020)

Monday: rest

Tuesday: 8k (4:50)

Wednesday: J 2k, main part: 6x1k (4:10) P: 2 minutes, RR 2k

Thursday: 8k easy run

Friday: 6k (4:45)

Saturday: 12k easy run

Sunday: rest

19-week training schedule (31.08. – 06.09.2020)

Monday: 6k (5:00)

Tuesday: J 2k, main part: 5x500m (2:05) P: 2:30, RR 2k, summary 6,5k

Wednesday: 6k (5:15)

Thursday: rest

Friday: 4k easy run, at the end 6x100m faster run

Saturday: Competition 10k (05.09.2020)

Sunday: recovery run 35/40 minutes

HR / heart rate

J / jogging

RR / recovery run

P / pause

