

## FRONT RUNNER EVENTS 10K - 8 WEEK IMPROVER PLAN

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