

Mondays		Thursdays (or grass track)		Saturdays	
9th April	2-3 mile warm-up, 16 x 90 secs at 10k goal race pace with 30 seconds rest, 1-2 mile cool down	12th April	3 miles warm up + Strides 11 x 400m, 1 x 600m (100m jog recovery) slightly quicker than target 5k pace. 3 miles cool down	14th April	Tempo run 5-6 miles, Park run or long easy 12-14. Plan in group chat
16th April	2-3 mile warm-up, 10 x 3 Min at goal 10k pace with 45 second rest, 1-2 mile cool down	19th April	3 mile warm up + strides, 8 x 600m at goal 5k pace (sub with 200m jog recovery 3 mile cool down	21st April	Hill/Speed Session. Easy warm up/Colney Parkrun. 4-5 X UEA Hills (4mins) Easy 3 miles cool down.
23rd April	2-3 mile warm-up, 3 miles at 10k goal race pace with 60 seconds rest, 5 x 1k at 5k goal pace with 60 second rest, 1-2 mile cool down	26th April	3 miles warm up + strides 6 x 800m at 5k pace with 200m jog recovery followed by 200 fast 3 miles easy	28th April	Tempo run 5-6 miles, Park run or long easy 12-14. Plan in group chat
30th April	2-3 mile warm-up, 8 x 1k at goal 10k pace with 30 second rest, smash it on rep 7 as fast as you can, 1-2 mile cool down	3rd May	3 Miles warm up Casino 1 dice! + 60 sec recovery x 12, 3 miles easy cool down	5th May	Tempo run 5-6 miles, Park run or long easy 12-14. Plan in group chat
7th May	2-3 mile warm-up, 3 x 2 miles at 10k goal race pace with 90 seconds rest, 1-2 mile cool down	10th May	3 mile warm up + strides, 12 x 400m and 1 x 200m with 100m jog recovery. 3 miles cool down	12th May	Hill/Speed Session. Easy warm up/Colney Parkrun. 4-5 X UEA Hills (4mins) Easy 3 miles cool down.
14th May	2-3 mile warm-up, 5 x 1 mile at goal 10k race pace, smash rep 4 as fast as you can, with 45 seconds rest, 1 x 800 meters as fast as you can, 1-2 mile cool down.	17th May	3 miles easy followed by 1x1k, 2x800, 4x400, 4x200 followed by 3 easy cool down	19th May	Hill/Speed Session. Easy warm up/Colney Parkrun. 4-5 X UEA Hills (4mins) Easy 3 miles cool down.
21st May	2-3 mile warm-up, 16 x 90 secs at 10k goal race pace with 30 seconds rest, 1-2 mile cool down	24th May	Race Night Easy 3 warm up + Strides. 600 increasing pace. 1 x 1500m, 1x 800, 1x400, 1x200, 1x100. All with 3-4 min recovery 3 miles easy	26th May	Tempo run 5-6 miles, Park run or long easy 12-14. Plan in group chat
28th May	2-3 mile easy warm up followed by; 4,3,2,1 @ target 10k pace with 30 sec recovery 5 Mins at 5k pace, 1 min recovery, 4,3,2,1 at 10k target pace 30 sec recovery. 2-3 easy	31st May	3 Miles warm up Casino 1 dice! + 60 sec recovery x 12, 3 miles easy cool down		