

## Poynton 10km Training Plan

Week	w/c	Run 1	Run 2	Run 3	(Optional) Run 4	(Optional) Run 5	Other	S&C
1	07-Jan	<b>30 minutes/faster section</b>	30 minutes	30 minutes	20 minutes		Warm up/down	
2	14-Jan	<b>35 minutes/2 x faster section</b>	30 minutes	35 minutes	20 minutes		Warm up/down	Core/hip
3	21-Jan	<b>40 minutes - 600m intervals</b>	30 minutes	40 minutes	20 minutes		Warm up/down	Core/hip
4	28-Jan	<b>Short intervals (hills)</b>	30 minutes	45 minutes	20 minutes		Warm up/down	Core/hip
5	04-Feb	<b>40 minutes - 600m intervals</b>	35 minutes	50 minutes	30 minutes (short reps)	15 minutes	Warm up/down	Core/hip
6	11-Feb	<b>Long (1km) intervals</b>	35 minutes	55 minutes	30 minutes (short reps)	20 minutes	Warm up/down	Core/hip
7	18-Feb	<b>Short intervals</b>	30 minutes	parkrun	30 minutes	20 minutes	Warm up/down	Core/hip
8	25-Feb	<b>Long (1km) intervals</b>	40 minutes	1 hour	30 minutes (short reps)	20 minutes	Warm up/down	Core/hip
9	04-Mar	<b>40 minutes - 600m intervals</b>	40 minutes	Poynton recce	30 minutes (short reps)	20 minutes	Warm up/down	Core/hip
10	11-Mar	<b>1 minute intervals</b>	20 minutes	Poynton 10km	20 minutes		Warm up/down	