



10 KILOMETER TRAINING SCHEDULES BEGINNERS AND ADVANCED LEVEL

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Training Schedule for 10k - *Beginner Level*



This training schedule is developed for a **5-weeks preparation period**.
It is fitting for you when you are a beginner with little running experience.

Week	Mon-day	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Slow running for 30 minutes	Rest	Slow running for 30 minutes	Slow running for 30 minutes	Rest	Slow running for 60 minutes
2	Rest	Slow running for 30 minutes	Rest	Slow running for 30 minutes	Slow interval running for 30 minutes	Rest	Slow running for 60 min and 3 accelerations
3	Rest	Slow running for 30 minutes	Rest	Slow running for 30 minutes	Slow interval running for 30 minutes	Rest	Slow running for 60 min and 3 accelerations
4	Rest	Slow running for 30 minutes	Rest	Slow running for 30 minutes	Slow interval running for 30 minutes	Rest	Slow running for 45 min and 3 accelerations
5	Rest	Slow running for 20 minutes	Rest	Slow running for 20 min and 3 accelerations	Rest	Rest	RACE DAY NOVEMBER 28

Please note: For more experienced and advanced runner who want to improve their finishing time, there is a different training schedule available.





Training Schedule for 10K - *Advanced Level*

This training schedule is developed for a **5-weeks preparation period**. It is good for you when you already run on a frequent base. It prepares you to run a 10k in approximately 60 minutes time.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Rest	Slow running for 30 minutes and 3 accelerations	Rest	Slow running for 40 minutes	Rest	Test run over 10k
2	Rest	40 minutes slower and faster running (alternating)	Rest	Rest	Slow running for 40 minutes	Rest	Slow running for 40 minutes
3	Rest	Slow running for 40 minutes	Rest	Rest	45 minutes slower and faster running (alternating)	Rest	Slow running for 60 min, followed by 3 acceleration runs
4	Rest	Rest	Rest	45 minutes slower and faster running (alternating)	Rest	Rest	Slow running for 50 minutes
5	Rest	Interval training 3 x 4minutes of fast running	Rest	Rest	Slow running for 15 minutes and 3 accelerations	Rest	RACE DAY NOVEMBER 28

Please note: For beginners who are looking forward to their first 10k race, there is a different training schedule available.