

Basic Fun Run Plan *(continued)*

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 4	A	REST	INTERVAL RUN 10 min easy 6 x (30 sec @ 1 mile race pace/ 1:30 min easy) 10 min easy	EASY RUN 30 Minutes	REST	TEMPO RUN 10 min easy 10 min @ 10K-half marathon race pace 10 min easy	REST	EASY RUN 45 Minutes
	B		INTERVAL RUN 10 min easy 8 x (30 sec @ 1 mile race pace/ 1:30 min easy) 10 min easy	EASY RUN 35 Minutes	EASY RUN 35 Minutes	TEMPO RUN 10 min easy 10 min @ 10K-half marathon race pace 10 min easy	REST	EASY RUN 50 Minutes
	C		INTERVAL RUN 10 min easy 10 x (30 sec @ 1 mile race pace/ 1:30 min easy) 10 min easy	EASY RUN 40 Minutes	EASY RUN 40 Minutes	TEMPO RUN 10 min easy 20 min @ 10K-half marathon race pace 10 min easy	EASY RUN 40 Minutes	EASY RUN 70 Minutes
Week 5	A		INTERVAL RUN 10 min easy 6 x (2:00 @ 5K race pace/ 1:30 min easy) 10 min easy	EASY RUN 35 Minutes	REST	TEMPO RUN 10 min easy 16 min @ 10K-half marathon race pace 10 min easy	REST	EASY RUN 45 Minutes
	B		INTERVAL RUN 10 min easy 8 x (2:00 @ 5K race pace/ 1:30 min easy) 10 min easy	EASY RUN 35 Minutes	EASY RUN 40 Minutes	TEMPO RUN 10 min easy 18 min @ 10K-half marathon race pace 10 min easy	REST	EASY RUN 55 Minutes
	C		INTERVAL RUN 10 min easy 7 x (2:00 @ 5K race pace/ 1:30 min easy) 10 min easy	EASY RUN 45 Minutes	EASY RUN 40 Minutes	TEMPO RUN 10 min easy 26 min @ 10K-half marathon race pace 10 min easy	EASY RUN 45 Minutes	EASY RUN 75 Minutes
Week 6	A		INTERVAL RUN 10 min easy 5 x (3:00 @ 5K race pace/ 2 min easy) 10 min easy	EASY RUN 40 Minutes	REST	TEMPO RUN 10 min easy 20 min @ 10K-half marathon race pace 10 min easy	REST	EASY RUN 45 Minutes
	B		INTERVAL RUN 10 min easy 6 x (3:00 @ 5K race pace/ 2 min easy) 10 min easy	EASY RUN 40 Minutes	EASY RUN 40 Minutes	TEMPO RUN 10 min easy 22 min @ 10K-half marathon race pace 10 min easy	REST	EASY RUN 60 Minutes
	C		INTERVAL RUN 10 min easy 7 x (3:00 @ 5K race pace/ 1:30 min easy) 10 min easy	EASY RUN 45 Minutes	EASY RUN 45 Minutes	TEMPO RUN 10 min easy 28 min @ 10K-half marathon race pace 10 min easy	EASY RUN 45 Minutes	RACE!