

22 Sep

8 to 12 x 400m at 10k target pace with 1min walk/jog recoveries

29 Sep

3 to 5 x 1km at 5k pace with 1min recovery

6 Oct

2min at 10k pace with 30sec recovery

3min at 10k pace with 30sec recovery

4min at 10k pace with 30sec recovery

5min at 10k pace with 30sec recovery

6min at 10k pace with 30sec recovery

7min at 10k pace with 30sec recovery

8min at 10k pace with 30sec recovery

13 Oct

4 to 6 2k at 10k pace with 2min recovery

20 Oct

8 to 10 300m at 5k pace with 1min recovery

27 Oct

6 to 10 x (600m at 10k pace with 200m faster/5k pace with 2min recovery)

3 Nov

4x 2min at 10k/HM pace with 60sec recovery

4x 3min at 10k/HM pace with 60sec recovery

4x 4min at 10k/HM pace with 60sec recovery