
















2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 1

MONDAY		REST
TUESDAY		25 Minutes
WEDNESDAY		REST
THURSDAY		10 Min Easy, 7 Min Tempo & 10 Min Easy
FRIDAY		REST
SATURDAY		20 Minutes
SUNDAY		35 Minutes








2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 2

MONDAY		REST
TUESDAY		30 Minutes
WEDNESDAY		REST
THURSDAY		7 Min Easy + 8X1 Min Fast With 1 Min Jog Recovery Between + 7 Min Easy
FRIDAY		REST
SATURDAY		30 Minutes
SUNDAY		40 Minutes








2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 3

MONDAY		REST
TUESDAY		35 Minutes
WEDNESDAY		REST
THURSDAY		10 Min Easy, 10 Min Tempo & 10 Min Easy
FRIDAY		REST
SATURDAY		35 Minutes
SUNDAY		45 Minutes








2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 4

MONDAY		REST
TUESDAY		35 Minutes
WEDNESDAY		REST
THURSDAY		10 Min Easy + 6x2 Min Fast With 1 Min Jog Recovery Between + 10 Min Easy
FRIDAY		REST
SATURDAY		35 Minutes
SUNDAY		50 Minutes

2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 5

MONDAY		REST
TUESDAY		40 Minutes
WEDNESDAY		REST
THURSDAY		10 Min Easy + 2x7 Min Fast With 4 Min Jog Recovery Between + 10 Min Easy
FRIDAY		REST
SATURDAY		40 Minutes
SUNDAY		55 Minutes

2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 6

MONDAY		REST
TUESDAY		45 Minutes
WEDNESDAY		REST
THURSDAY		10 Min Easy + 10x1 Min Fast With 1 Min Jog Recovery Between + 10 Min Easy
FRIDAY		REST
SATURDAY		45 Minutes
SUNDAY		60 Minutes

2020 KBC Virtual South Dublin 10K 7 Week Training Plan – Week 7

MONDAY		REST
TUESDAY		40 Minutes
WEDNESDAY		REST
THURSDAY		10 Min Easy, 5 Min Tempo & 10 Min Easy
FRIDAY		30 Minutes
SATURDAY		REST
SUNDAY		KBC Virtual South Dublin 10K