KBC 10k Training Plan – Week 1 of 12

MONDAY	Rest
TUESDAY	15-20min
WEDNESDAY	Rest
THURSDAY	15-20min
FRIDAY	20min
SATURDAY	Rest
SUNDAY	25-30min

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 2 of 12

MONDAY	Rest
TUESDAY	20min
WEDNESDAY	Rest
THURSDAY	20min
FRIDAY	20min
SATURDAY	Rest
SUNDAY	30-35min

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 3 of 12

MONDAY	Rest
TUESDAY	20-25min
WEDNESDAY	Rest
THURSDAY	20-25min
FRIDAY	20min
SATURDAY	Rest
SUNDAY	35-40min

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 4 of 12

MONDAY	Rest
TUESDAY	25min
WEDNESDAY	Rest
THURSDAY	25min
FRIDAY	15min
SATURDAY	Rest
SUNDAY	30-35min

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 5 of 12

MONDAY	Rest
TUESDAY	25-30min
WEDNESDAY	Rest
THURSDAY	25-30min Fartlek
FRIDAY	20-30min
SATURDAY	Rest
SUNDAY	5-6K

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 6 of 12

MONDAY	Rest
TUESDAY	30min
WEDNESDAY	Rest
THURSDAY	30min Fartlek
FRIDAY	20-30min
SATURDAY	Rest
SUNDAY	6K

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 7 of 12

MONDAY	Rest
TUESDAY	30-35min
WEDNESDAY	Rest
THURSDAY	30-35min Fartlek
FRIDAY	30-40min
SATURDAY	Rest
SUNDAY	6-7K

KBC DUBLIN MARATHON 2021

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KBC 10k Training Plan – Week 8 of 12

MONDAY	Rest
TUESDAY	35min
WEDNESDAY	Rest
THURSDAY	35min Fartlek
FRIDAY	20min
SATURDAY	Rest
SUNDAY	7K

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KBC 10k Training Plan – Week 9 of 12

MONDAY	Rest
TUESDAY	40min
WEDNESDAY	Rest
THURSDAY	40min Fartlek
FRIDAY	40min
SATURDAY	Rest
SUNDAY	7-8K

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 10 of 12

MONDAY	Rest
TUESDAY	45min
WEDNESDAY	Rest
THURSDAY	45min Fartlek
FRIDAY	20min
SATURDAY	Rest
SUNDAY	8K

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 11 of 12

MONDAY	Rest
TUESDAY	50min
WEDNESDAY	Rest
THURSDAY	35min Fartlek
FRIDAY	20min
SATURDAY	Rest
SUNDAY	7K

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Week 12 of 12

MONDAY	Rest
TUESDAY	20-30min
WEDNESDAY	Rest
THURSDAY	20min
FRIDAY	20min
SATURDAY	Rest
SUNDAY	Run Your 10K

KBC DUBLIN MARATHON 2021

KBC 10k Training Plan – Definitions

Warm Up	Warming up can help prevent injury & improve performance. Incorporate walking, strides & stretches such as lunges and leg swings into your pre-run routine.
Cool Down	Finish your run with a cool down walk. This relaxes your muscles and lowers your heart rate & breathing from your workout intensity.
Rest Day	Take a break and let your body recover. Feel free to go for a walk or cycle or even do a strength workout if your body feels good. Use this time to get stretching and foam rolling to get ready for the next run/walk.
Fartlek	This is simple speed-work. After a warm up, run fast for as far as you can, take as much time as needed to recover & then go again. To help, pick a point up ahead (lamp post, tree), run to it and then pick another point up ahead & recover for the specified time. Repeat for the specified time & then cool down.

KBC DUBLIN MARATHON 2021