

Forest Runner

5k to 10k training plan

Use our handy training plan and discover the joy of running among the trees as you train for your Forest Runner 10k Strava challenge!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	4K easy run (E)	Cross-training (XT) or strength	5K run	REST	3K run + 4 strides (short 100m sprints)	6K long run (L)
2	REST	5K easy run (E)	Cross-training (XT)	6K run	REST	4K run + 4 strides	7K long run (L)
3	REST	5K run with 4 x 1-minute speed intervals	Cross-training (XT)	6.5K run	REST	4K run	8K long run (L)
4	REST	6K run with 5 x 1-minute speed intervals	Cross-training (XT)	7K run	REST	5K run	9K long run (L)
5	REST	7K run	Cross-training (XT)	6K run with 6 x 1-minute speed intervals	REST	5K run	9.5K long run (L)
6	REST	6K easy run (E)	Cross-training (XT)	7K run + 4 strides	REST	5K run	10K RUN!

Runs - Focus on increasing distance gradually | **Rest days** - Essential for recovery | **Cross-training (XT)** - Includes cycling, swimming or strength training to build endurance and prevent burnout
Easy runs (E) - Comfortable pace, able to hold conversation | **Long runs (L)** - Slightly slower than easy pace, focus on endurance | **Speed work (S)** - Interval training or tempo runs to improve speed