

Week #20-#21-#22 – 3000m – 10000m Training

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
January 3 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
4	M	On you own	Activation Exercises	Medium CR D-E-F-G / 40-75' C-D-E-F / 40-60' B-C-D-E / 30-60'	Core (5-15')	Stretch 6 muscle groups Around knee	
5 OPTIONAL AM run 20-30'	R	On you own	10-20' Warmup Mobility #1	5000m/10000m pace 4-10 x 1000m with 90"-2' jog recovery Or 4-10 x 4-5' with 90"-2' jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
6	W	On you own	Activation Exercises	Short CR D-E-F-G / 30-60' C-D-E-F / 30-40' B-C-D-E / 30-40'	Lower Leg (5-15')	Stretch 6 muscle groups Around knee	
7 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	800m pace Sprint Hills 3 sets (4-5xHill-20-30") / jog down 4-5 80-100m strides or 8-10 tempo recovery run Or 2 sets (6-8x200m) / 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
8	F	On you own	Activation Exercises	Long CR D-E-F-G / 75-120' C-D-E-F / 70-90' B-C-D-E / 70-90'	Core (5-15')	Stretch 6 muscle groups Around knee	
9	S			Rest or Short recovery run or Hike			

Repeat week working towards a weekly volume you can handle