

Fleet 5-10k training schedule by Darren Wood

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Cross Train	4 x 3-4 mins easy, 1-2 mins recovery x4	Cross Train	2 x 5-7 mins steady, 3 mins recovery	Rest	parkrun	Long run: 3 x 8 mins hard, 3-4 mins recovery
2	Rest or Cross Train	2 x 10 mins easy, 5 mins recovery	Cross Train	2 x 3-4 mins hard, 3-4 mins recovery	Rest	parkrun	Long run: 20-40 mins easy
3	Rest or Cross Train	4 x 4 mins steady, 2-3 mins recovery	Cross Train	3 x 5 mins hard, 2-3 mins recovery	Rest	parkrun	Long run: 25 mins easy
4	Rest or Cross Train	2 x 10 mins easy, 5 mins recovery	Cross Train	2 x 3-4 mins hard, 3-4 mins recovery	Rest	parkrun	Long run: 20-40 mins easy
5	Rest or Cross Train	20-25 mins (10-15 mins easy, 10-15 mins hard)	Cross Train	2 x 10 mins hard, 5 mins recovery	Rest	parkrun	Long run: 30-40 mins easy
6	Rest or Cross Train	2 x 10 mins easy, 5 mins recovery	Cross Train	2 x 3-4 mins hard, 3-4 mins recovery	Rest	parkrun	Long run: 20-40 mins easy
7	Rest or Cross Train	30 mins wind-up (10 mins easy, 10 steady, 10 hard)	Cross Train	4 x 6 mins hard, 2-3 mins recovery	Rest	parkrun	Long run: 50 mins easy
8	Rest or Cross Train	2 x 15 mins wind up (5 mins easy, 5 steady, 5 hard)	Cross Train	Out and back (20 mins easy, 20 mins hard on way back - aim for negative split of 2-3 mins)	Rest	parkrun	Long run: 25-30 mins easy
9	Rest or Cross Train	30 mins easy	Cross Train	4 x 5 mins hard, 2-3 mins recover	Rest	parkrun	Long run: 25-30 mins easy
10	Rest or Cross Train	20 mins easy	Cross Train	15 mins (10 mins easy, 5 mins hard)	Rest	Easy parkrun	Race Day!