

Mocki's training plan for you as a running enthusiast

Goal: Complete the 10 kilometers in under 60 minutes in six weeks.

Requirement: You must already be able to run 10 kilometers in under 65 minutes.

Week	Monday	Thursday	Saturday
1	2 km ER1 + 5 x 600 m in 3:20 to 3:30 min (Break: 3 min walking) + 2 km ER1	2 km ER1 + 5 km ER3 + 2 km ER1	10 km ER1
2	2 km ER1 + 5 x 800 m in 4:25 to 4:35 min (Break: 3 min walking) + 2 km ER1	2 km ER1 + 6 km ER2 + 2 km ER1	12 km ER1
3	2 km ER1 + 5 x 1 km in 5:45 to 5:55 min (Break: 4 min walking) + 2 km ER1	2 km ER1 + 6 km ER2 + 2 km ER1	14 km ER1
4	2 km ER1 + 5 x 1 km in 5:35 to 5:45 min (Break: 4 min walking) + 2 km ER1	2 km ER1 + 6 km ER3 + 2 km ER1	14 km ER 1
5	2 km ER1 + 3 x 2 km in 11:45 to 11:55 min (Break: 5 min walking) + 2 km ER1	2 km ER1 + 4 km ER3 + 2 km ER1	12 km ER1
6	2 km ER1 + 3 x 1 km in 5:45 to 5:55 min (Break: 4 min walking) + 2 km ER1	6 km ER1	/
Week 6			Sunday: 10 kilometer run

ER = Endurance Run

ER1 = 70 to 80 percent of maximum heart rate

ER2 = 80 to 85 percent of maximum heart rate

ER3 = even higher maximum heart rate

Alternative training: it doesn't matter whether it's cycling or strength training. All that matters is that you train.