

Mocki's training plan for you as a professional athlete

Goal: Complete the 10 kilometers in under 40 minutes in six weeks.

Requirement: You must already be able to run 10 kilometers in under 45 minutes.

Week	Monday	Tuesday	Wednesday	Friday	Saturday
1	3 km ER1 + 5 x 600 m in 2:10 to 2:15 min (Break: 3 min walking) + 3 km ER1	60 min alternative training	10 km ER1 + 5 x 100 m mixed run at different intensities (Break: 100 m ER1)	3 km ER1 + 5 km ER3 + 3 km ER1	16 km ER1
2	3 km ER1 + 5 x 800 m in 2:55 to 3:05 min (Break: 3 min walking) + 3 km ER1	60 min alternative training	11 km ER1 + 5 x 100 m mixed run at different intensities (Break: 100 m ER1)	3 km ER1 + 6 km ER3 + 3 km ER1	18 km ER1
3	3 km ER1 + 5 x 1000 m in 3:45 to 3:55 min (Break: 4 min walking) + 3 km ER1	60 min alternative training	11 km ER1 + 5 x 100 m mixed run at different intensities (Break: 100 m ER1)	3 km ER1 + 6 km ER3 + 3 km ER1	20 km ER1
4	3 km ER1 + 5 x 1000 m in 3:45 to 3:55 min (Break: 4 min walking) + 3 km ER1	60 min alternative training	11 km ER1 + 5 x 100 m mixed run at different intensities (Break: 100 m ER1)	3 km ER1 + 6 km ER3 + 3 km ER1	20 km ER 1
5	3 km ER1 + 3 x 2000 m in 7:35 to 7:45 min (Break: 4 min walking) + 3 km ER1	60 min alternative training	11 km ER1 + 5 x 100 m mixed run at different intensities (Break: 100 m ER1)	3 km ER1 + 4 km ER3 + 3 km ER1	18 km ER1
6	3 km ER1 + 3 x 1000 m in 3:45 to 3:55 min (Break: 4 min walking) + 3 km ER1	60 min alternative training	10 km ER1 + 5 x 100 m mixed run at different intensities	Friday instead of Thursday: 8 km ER1	/

(Break: 100 m
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.