

## Mocki's training plan for you as an experienced runner

**Goal:** Complete the 10 kilometers in under 50 minutes in six weeks.

**Requirement:** You must already be able to run 10 kilometers in under 55 minutes.

Week	Monday	Wednesday	Thursday	Saturday
1	3 km ER1 + 5 x 600 m in 2:45 to 2:55 min (Break: 3 min walking) + 3 km ER1	/	3 km ER1 + 5 km ER2 + 3 km ER1	10 km ER1
2	3 km ER1 + 5 x 800 m in 3:35 to 3:45 min (Break: 4 min walking) + 3 km ER1	12 km ER1	3 km ER1 + 6 km ER2 + 3 km ER1	12 km ER1
3	3 km ER1 + 5 x 1000 m in 4:45 to 4:55 min (Break: 4 min walking) + 3 km ER1	12 km ER1	3 km ER1 + 6 km ER3 + 3 km ER1	14 km ER1
4	3 km ER1 + 5 x 1000 m in 4:40 to 4:50 min (Break: 4 min walking) + 3 km ER1	12 km ER1	3 km ER1 + 6 km ER2 + 3 km ER1	14 km ER 1
5	3 km ER1 + 3 x 2000 m in 9:40 to 9:50 min (Break: 5 min walking) + 3 km ER1	12 km ER1	3 km ER1 + 4 km ER3 + 3 km ER1	12 km ER1
6	3 km ER1 + 3 x 1000 m in 4:50 min (Break: 4 min walking) + 3 km ER1	8 km ER1	<b>Friday instead of Thursday: 5 km ER1</b>	/
<b>Week 6</b>			<b>Sunday: 10 kilometer run</b>	

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.