

a different

10K

BY DAREBEE
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5k RACE

beat your best time

5k easy recovery run



1

8k easy pace

5 x 200m sprints

200m walk after sprint



2

10k run

increase speed every 1K

sprint last 400m



3

10k easy pace

10 push-ups

every 500m or every 1K



4

10k easy pace

20 squats

every 500m or every 1K



5

10k easy pace

with **wrist weights**

up to 1kg



6

1k easy pace

1k fast pace

repeat 5 times in total



7

900m run

100m sprint

repeat 10 times in total



8

5k easy pace

increase incline every 1K

optional last 400m sprint



9