KailoRun
Personal training program



LEVEL STANDARD · 6 WEEKS

Towards a sub-52 10K

for Sarah

START	END	GOAL	RACE
2 November 2026	13 December 2026	10K in 52:00	13 December 2026



Designed by Coach Kailo



WELCOME

Hi Sarah!

You have a solid base with three to four runs a week, and that is what we build on. The program raises your volume carefully over the first three weeks, adds an easier week so your body can absorb the training, and then sharpens your speed for the race on 13 December. Two quality sessions a week – one threshold and one with intervals or hills – and the rest is easy running that builds your engine.

ABOUT YOUR GOAL

Your latest race (54:30) points to roughly 52:00 after six weeks of focused training if everything goes well – ambitious but realistic. If race-day form is a little off, 53 minutes is still a clear personal best.

PROGRAM PHASES

W1–3	W4	W5	W6

- **Build** — More easy volume, hills and threshold to build strength and endurance.
- **Recovery** — Fewer kilometres, a little speed kept. This is where you get stronger.
- **Race pace** — Intervals at and just below race pace.
- **Taper** — Fresh and ready for race day.

YOUR TRAINING ZONES

Zone	Pace	Heart rate	Feel
Z1 Recovery	7:16–7:59/km	110–129	Very easy, you can talk freely (1–2/10)
Z2 Easy	6:28–7:16/km	129–147	Comfortable, you can talk in full sentences (3–4/10)
Z3 Steady / marathon pace	5:47–6:05/km	147–160	Controlled effort, short sentences (5–6/10)
Z4 Threshold	5:25–5:37/km	160–169	Hard but sustainable for 20–40 min, single words (7–8/10)
Z5 Interval / VO2max	4:59–5:12/km	169–184	Very hard, sustainable for 3–5 min (9/10)

Paces are calculated from 10K in 54:30. Heart rate is based on an estimated max heart rate (184) and may differ for you – trust your feel more. Your current form is roughly equivalent to: 5K 26:15 · 10K 54:30 · Half marathon 2:00:50 · Marathon 4:09:24.

OVERVIEW

Week by week

Wk	Dates	Phase	Volume	Focus
1	2–8 Nov	Build	28 km	Threshold + short hills
2	9–15 Nov	Build	31 km	Longer threshold + 400s
3	16–22 Nov	Build	34 km	Hill repeats + 12 km long run
4	23–29 Nov	Recovery	20 km	Recovery with fartlek
5	30–6 Dec	Race pace	30 km	1000 m at race pace
6	7–13 Dec	Taper	24 km	Taper and race



Week 1

2 Nov – 8 Nov

Getting started

Total approx. 28 km

Monday — Rest

Tuesday
3 Nov

THRESHOLD

3 × 6 min threshold

50 min · 8 km · Z2 + Z4

15 min easy jog in Z2 + 4 strides. 3 × 6 min in Z4 (5:25–5:37/km) with 2 min easy jog in between. 10 min cool-down.

- Threshold should feel controlled-hard – you should be able to hold the pace all the way.

Wednesday — Rest

Thursday
5 Nov

EASY

Easy run

35 min · 5 km · Z2

35 min at a steady, easy pace (6:30–7:15/km). Finish with 4 × 15 s strides.

STRENGTH

Runner strength A

25 min

5 min warm-up with high knees and hip circles. Do the exercises as a circuit, 3 rounds with 60 s rest between rounds.

Lunges	3 × 10/leg	Watch video
Single-leg glute bridge	3 × 12/leg	Watch video
Calf raises on a step	3 × 15	Watch video
Plank	3 × 30 s	Watch video
Side plank	2 × 20 s/side	Watch video

- Do strength after the easy run on the same day – never the day before a key session.

Friday — Rest

Saturday
7 Nov

HILLS

8 × 45 s hills

40 min · 6 km · Z2 + Z5

15 min warm-up. 8 × 45 s uphill on a moderate slope, hard but with good form. Jog easily back down as recovery. 10 min cool-down.

Week 1, continued

Sunday
8 Nov

LONG RUN

Long run

60 min · 9 km · Z2

60 min at an easy, conversational pace. Better too slow than too fast.



Week 2

9 Nov – 15 Nov

More threshold

Total approx. 31 km

Monday — Rest

Tuesday
10 Nov

THRESHOLD

2 × 10 min threshold

50 min · 8 km · Z2 + Z4

15 min easy jog + 4 strides. 2 × 10 min in Z4 (5:25–5:37/km) with 3 min jog in between. 10 min cool-down.

Wednesday — Rest

Thursday
12 Nov

EASY

Easy run

40 min · 6 km · Z2

40 min easy in Z2. Finish with 5 × 15 s strides.

STRENGTH

Runner strength B

25 min

5 min warm-up with high knees and hip circles. Do the exercises as a circuit, 3 rounds with 60 s rest between rounds.

Single-leg box squat	3 × 8/leg	Watch video
Step-ups	3 × 10/leg	Watch video
Romanian deadlift with dumbbells	3 × 12	Watch video
Dead bug	3 × 10	Watch video
Clamshells	2 × 15/side	Watch video

- Do strength after the easy run on the same day – never the day before a key session.

Friday — Rest

Saturday
14 Nov

INTERVALS

8 × 400 m

45 min · 6 km · Z2 + Z5

15 min warm-up. 8 × 400 m at about 5:00/km with 90 s jog recovery. 10 min cool-down.

- Even pace on every rep – the last one as fast as the first.

Week 2, continued

Sunday
15 Nov

LONG RUN

Long run

70 min · 10–11 km · Z2

70 min easy. The last 10 minutes can be a little livelier, but still Z2.



Week 3

16 Nov – 22 Nov

Peak week

Total approx. 34 km

Monday — Rest

Tuesday
17 Nov

HILLS

6 × 90 s hills

50 min · 7 km · Z2 + Z5

15 min warm-up. 6 × 90 s uphill at a steady, hard effort. Jog down as recovery. 10 min cool-down.

Wednesday — Rest

Thursday
19 Nov

EASY

Easy run

45 min · 6–7 km · Z2

45 min easy. 5 strides at the end.

STRENGTH

Runner strength A

25 min

5 min warm-up with high knees and hip circles. Do the exercises as a circuit, 3 rounds with 60 s rest between rounds.

Lunges	3 × 10/leg	Watch video
Single-leg glute bridge	3 × 12/leg	Watch video
Calf raises on a step	3 × 15	Watch video
Plank	3 × 30 s	Watch video
Side plank	2 × 20 s/side	Watch video

- Do strength after the easy run on the same day – never the day before a key session.

Friday — Rest

Saturday
21 Nov

THRESHOLD

20 min tempo

50 min · 8 km · Z2 + Z4

15 min easy jog. 20 min continuous in Z4, about 5:30/km. 10 min cool-down.

Week 3, continued

Sunday
22 Nov

LONG RUN

12 km long run

80 min · 12 km · Z2

80 min easy. Bring water if you need it.

- The day after a hard Saturday session – keep the long run really easy.



Week 4

23 Nov – 29 Nov

Recovery

Total approx. 20 km

Monday Rest

Tuesday
24 Nov

EASY

Easy run

35 min · 5 km · Z2

35 min easy + 4 strides.

Wednesday Rest

Thursday
26 Nov

FARTLEK

Playful fartlek

40 min · 6 km · Z2 + Z4

15 min easy. 6 × 1 min lively (Z4) / 1 min easy. 13 min easy home.

STRENGTH

Runner strength B

25 min

5 min warm-up with high knees and hip circles. Do the exercises as a circuit, 3 rounds with 60 s rest between rounds.

Single-leg box squat	3 × 8/leg	Watch video
Step-ups	3 × 10/leg	Watch video
Romanian deadlift with dumbbells	3 × 12	Watch video
Dead bug	3 × 10	Watch video
Clamshells	2 × 15/side	Watch video

- Do strength after the easy run on the same day – never the day before a key session.

Friday Rest

Saturday Rest

Sunday
29 Nov

LONG RUN

Short long run

60 min · 9 km · Z2

60 min easy and relaxed.



Week 5

30 Nov – 6 Dec

Race pace

Total approx. 30 km

Monday Rest

Tuesday
1 Dec

INTERVALS

5 × 1000 m

55 min · 9 km · Z2 + Z4/Z5

15 min warm-up + 4 strides. 5 × 1000 m at 5:10/km (race pace) with 2 min jog recovery. 10 min cool-down.

- This is the dress rehearsal for race pace. Focus on relaxed shoulders.

Wednesday Rest

Thursday
3 Dec

EASY

Easy run

40 min · 6 km · Z2

40 min easy + 5 strides.

STRENGTH

Runner strength A

25 min

5 min warm-up with high knees and hip circles. Do the exercises as a circuit, 3 rounds with 60 s rest between rounds.

Lunges	3 × 10/leg	Watch video
Single-leg glute bridge	3 × 12/leg	Watch video
Calf raises on a step	3 × 15	Watch video
Plank	3 × 30 s	Watch video
Side plank	2 × 20 s/side	Watch video

- Do strength after the easy run on the same day – never the day before a key session.

Friday Rest

Saturday
5 Dec

EASY

Easy jog

30 min · 4–5 km · Z1–Z2

30 min very easy. It should feel light.

Week 5, continued

Sunday
6 Dec

PROGRESSIVE

Progressive long run

65 min · 10 km · Z2 – Z3

45 min easy in Z2, then 15 min in Z3 (about 5:50/km), 5 min easy.



Week 6

7 Dec – 13 Dec

Race week

Total approx. 24 km

Monday — Rest

Tuesday
8 Dec

INTERVALS

4 × 600 m

40 min · 6 km · Z2 + Z5

15 min warm-up. 4 × 600 m at about 5:05/km with 2 min jog recovery. 10 min cool-down.

- Short and sharp – you should finish feeling fresh, not tired.

Wednesday — Rest

Thursday
10 Dec

EASY

Easy jog + strides

30 min · 4–5 km · Z2

25 min easy + 5 × 15 s strides.

Friday — Rest

Saturday
12 Dec

EASY

Shake-out

20 min · 3 km · Z1

20 min very easy with 3 short strides. Lay out your clothes and race bib.

Sunday
13 Dec

RACE

10K – race day!

approx. 52 min · 10 km · Race pace

Warm up with 10–15 min jogging + 3–4 strides. Open controlled at 5:15/km, settle at 5:10–5:12/km and pick it up over the last 3 km if you have energy left.

- Enjoy it – this is where all your hard work pays off.



ADVICE FROM COACH KAILO

How to get the most out of your program

1. Easy runs should really be easy. If 6:30/km feels too fast one day – slow down. Your quality sessions are the ones that should feel hard, not everything.
2. Always warm up for at least 10–15 minutes before intervals and threshold. Finish with a few minutes of easy jogging.
3. If you miss a session, skip it and carry on with the plan. Don't try to make up for it by stacking two hard sessions back to back.
4. Sleep is the best recovery. Aim for 7–9 hours, especially in the biggest training weeks.
5. Test breakfast, clothes and shoes on your long runs so nothing is new on race day.

RACE DAY

Open the first 2 km at about 5:15/km – it will feel too easy, and that's the point. Then settle at 5:10–5:12/km until 7 km. If you still have energy, pick it up gradually. 52:00 is 5:12/km on average. Eat your usual breakfast 2.5–3 hours before the start and jog 10–15 min with a few strides as a warm-up.

IMPORTANT

This program is a general training recommendation based on your answers and does not replace medical advice. Consult a doctor before you start if you have heart or vascular disease, other illnesses or are unsure about your health. Stop training if you experience chest pain, dizziness or pain that gets worse. It is always fine to shorten, move or skip a session.