

# Training Plans • 10K Advanced

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 1 mile at 20 seconds faster than 10K race pace.  Take 5 minutes of slow jogging in between each mile.	8 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	5 miles. Long distance run at a conversational pace.	5 mile tempo run at 30 seconds slower than current 5k pace.

Notes:

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# Training Plans • 10K Advanced



Week 1

**Week 2**

Week 3

Week 4

Week 5

Week 6

Week 2



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 7x 800M with a 400M jog inbetween.  Pace: 20 seconds faster than 10K race pace.	8-10 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	5 miles. Long distance run at a conversational pace.	5 mile tempo run at 30 seconds slower than current 5k pace.

Notes:

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 400M hard. 2x 400M jog.  3x 400M hard. 2x 400M jog.  2x 400M hard. 1x 400M jog.  1x 400M hard.	8-10 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	7 miles. Long distance run at a conversational pace.	5 mile tempo run at 20 seconds slower than current 5k pace.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 4



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12-14 miles: Long distance run at a conversational pace.	8 miles.	Interval Training: 4x 1 mile.  (4 miles total) Jog 4-5 minutes between each mile. Increase pace with each mile.	8-10 miles. Long distance run at a conversational pace.	8 miles. 6x 100M strides.	7 miles. Long distance run at a conversational pace.	5 mile tempo run at 15 seconds slower than current 5k pace.

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-12 miles: Long distance run at a conversational pace.	5 miles.	Interval Training: 10x 400M with 400M jog recovery.	6-8 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	Interval Training: 6x 800M at 5K race pace.  1x 400M jog between each.
Race is in 2 weeks.						

Notes:

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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 6



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles: Long distance run at a conversational pace.	5 miles.	Interval Training: 8x 400M hard.  200M recovery jog between each 400M.	5 miles. Long distance run at a conversational pace.	Day off.	4 miles, easy.	Run your race!

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