

8 - W E E K

# RUN YOUR FASTEST 10-MILE TRAINING PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EASY	QUALITY SESSION	EASY + STRENGTH	REST OR YOGA	EASY	LONG RUN	REST
WEEK 1	5-6 miles	6-8x: 800 meters at 5K pace with 2-min recovery walk	5-6 miles	Rest or Yoga	4-5 miles	8-10 miles	Rest
WEEK 2	6-7 miles	3 miles at half marathon pace	6-7 miles	Rest or Yoga	5-6 miles	8-10 miles	Rest
WEEK 3	5-6 miles + postrun strides (4x: 20-sec sprints with 1 min walk)	8-10x: 400 meters at 5K pace with 90-sec recovery walk	6-7 miles	Rest or Yoga	4-5 miles	Warmup: 3 miles 4 miles at half marathon pace Cooldown: 3 miles	Rest
WEEK 4	6-7 miles	3 miles at 10K pace, 5-min recovery jog; 5x: 90 sec at 5K pace with 90-sec recovery jog	5-6 miles	Rest or Yoga	5-6 miles	10-12 miles	Rest
WEEK 5	5-6 miles + postrun strides (4x: 20-sec sprints with 1 min walk)	6-8x: 1K at 10K pace with 90-sec recovery jog	5-6 miles	Rest or Yoga	4-5 miles	12-14 miles	Rest
WEEK 6	7-8 miles	6-8x: 800 meters at 5K pace with 400-meter recovery jog	7-8 miles	Rest or Yoga	5-6 miles	Warmup: 3 miles 4x: 1 mile at 10K pace with 1-mile recovery jog Cooldown: 2 miles	Rest
WEEK 7	6-7 miles + postrun strides (4x: 20-sec sprints with 1 min walk)	10-12x: 400 meters at 5K pace with 90-sec recovery walk	5-6 miles	Rest or Yoga	4-5 miles	8-10 miles	Rest
WEEK 8	5-6 miles	10x: 1 min at goal race pace with 1 min recovery walk	4-5 miles	Rest	Rest	2.5 miles	RACE DAY! 