



**6 - W E E K**

# ADVANCED 10K TRAINING PLAN

This six-week schedule is geared toward serious runners and racing veterans who can comfortably run for an hour or more, and who want to develop the ability to run stronger, longer. This plan includes two speed sessions each week, two days of easy running, a day of rest, and a long run that stretches up to 12 miles.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR ANY DISTANCE WITH OUR [\*\*GUIDE TO MAXIMIZING YOUR SPEED!\*\*](#)

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# ADVANCED 10K TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest	4–6 miles Easy Run	<u>Speed Intervals with Strides</u>	4 miles Easy Run	4–6 miles Easy Run with Strides	0–4 miles Easy Run	8–10 miles Easy Run
WEEK 2	Rest	4–6 miles Easy Run	<u>Speed Intervals with Strides</u>	4–6 miles Easy Run	5–7 miles Easy Run with Strides	0–4 miles Easy Run	10–12 miles Easy Run
WEEK 3	Rest	4–6 miles Easy Run	4–6 miles Easy Run	4–6 miles Easy Run	5–7 miles Easy Run	0–4 miles Easy Run	10 miles Easy Run
WEEK 4	Rest	4–6 miles Easy Run	<u>Speed Intervals with Strides</u>	4–6 miles Easy Run	5–7 miles Easy Run with Strides	Rest or 3–4 miles Easy Run	12–14 miles Easy Run
WEEK 5	Rest	3–4 miles Easy Run	<u>Race Pace and Speed Intervals with Strides</u>	4–6 miles Easy Run	5–7 miles Easy Run with Strides	0–4 miles Easy Run	8–10 miles Easy run
WEEK 6	Rest	3 miles Easy Run	<u>Speed Intervals with Strides</u>	4–5 miles Easy Run with Strides	Rest	<u>3 miles Easy Run with Strides</u>	<b>RACE DAY!</b>

## WORKOUT KEY

### ► Rest or Cross-Train

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

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### ► Easy Run

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs. You can also sub in cross-training on optional easy run days. Maintain a comfortable pace that feels easy enough to hold a conversation.

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### ► Speed Intervals

These are your speed workouts. They're designed to get you faster via interval training. You'll start with easy running to warm up and end with easy running to cool down. Follow the workout prescriptions to gain the most benefits (don't overdo it!), and know some days you won't hit the paces perfectly. Take your speed intervals about 20-30 seconds faster per mile than your goal race pace.

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### ► Race Pace Intervals

Take your race-pace intervals at the same speed you hope to run in your event. So, for instance, a 10-minute goal race pace would translate to five minutes for an 800-meter interval, which is roughly half a mile, and 2:30 for 400 meters, which is a quarter mile. After each hard repeat, recover by slowly jogging for about half the time.

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### ► Strides

Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

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## SPEED WORKOUTS

**Day 3:** Speed Intervals with Strides

- 2 miles easy warmup
  - 2 × 800m at speed pace, 400m recovery
  - 4 × 400m at speed pace, 200m recovery
  - 4 × 200m at speed pace, 100m recovery
  - 4 × 100m strides at 90 percent effort, full recovery between each
  - 2 miles easy cooldown
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**Day 10:** Speed Intervals with Strides

- 2 miles easy warmup
  - 2 × 1200m at speed pace, 600m recovery
  - 1 × 800m at speed pace, 400m recovery
  - 1 × 400m at speed pace, 200m recovery
  - 1 × 200m at speed pace, 100m recovery
  - 6 × 100m strides at 90 percent effort, full recovery between each
  - 2 miles easy cooldown
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**Day 24:** Speed Intervals with Strides

- 2 miles easy warmup
  - 2 × 1200m at speed pace, 600m recovery
  - 1 × 800m at speed pace, 400m recovery
  - 1 × 400m at speed pace, 200m recovery
  - 1 × 200m at speed pace, 100m recovery
  - 6 × 100m strides at 90 percent effort, full recovery between each
  - 2 miles easy cooldown
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**Day 31:** Race Pace and Speed Intervals with Strides

- 2 miles easy warmup
  - 2 × 1 mile at race pace, 800m recovery
  - 1 × 1200m at speed pace, 600m recovery
  - 1 × 800m at speed pace, 400m recovery
  - 1 × 400m at speed pace, 200m recovery
  - 6 × 100m strides at 90 percent effort, full recovery between each
  - 2 miles easy cooldown
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**Day 38:** Speed Intervals with Strides

- 2 miles easy warmup
  - 6 × 400m at race pace, 200m recovery
  - 6 × 100m strides at 90 percent effort, full recovery between each
  - 1 mile easy cooldown
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**Day 41:** 3 Miles Easy Run with Strides

- 3 miles easy warmup
- 3 × 100m strides at 90 percent effort, full recovery between each
- 1 mile easy cooldown