

8 - W E E K

RUN/WALK TO A FASTER 10K TRAINING PLAN



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	3 miles with Magic Mile	3 miles with 1 mile Race Rehearsal + Strength	Rest or Cross-Train	4x400 meter repeats	Strength	Rest	5-6 miles*
WEEK 2	Rest or Cross-Train	4 miles with 2 miles Race Rehearsal + Strength	Rest or Cross-Train	5x400 meter repeats	Strength	Rest	7 miles
WEEK 3	Rest or Cross-Train	5 miles with 3 miles Race Rehearsal + Strength	Rest or Cross-Train	6x400 meter repeats	Strength	Rest	8 miles
WEEK 4	Rest or Cross-Train	5 miles with 3 miles Race Rehearsal + Strength	Rest or Cross-Train	8x400 meter repeats	Strength	Rest	5 miles with Magic Mile
WEEK 5	Rest or Cross-Train	5 miles with 3 miles Race Rehearsal + Strength	Rest or Cross-Train	10x400 meter repeats	Strength	Rest	8 miles
WEEK 6	Rest or Cross-Train	5 miles with 3 miles Race Rehearsal + Strength	Rest or Cross-Train	12x400 meter repeats	Strength	Rest	10 miles
WEEK 7	Rest or Cross-Train	4 miles with 2 miles Race Rehearsal + Strength	Rest or Cross-Train	14x400 meter repeats	Strength	Rest	5 miles with Magic Mile
WEEK 8	Rest or Cross-Train	3 miles with 1 mile Race Rehearsal	Rest or Cross-Train	30-45 min Run/Walk	Easy Walk	Rest	GOAL 10K

THE WORKOUTS

Run/Walk

To determine your run/walk intervals, use the chart to your right as a guide. If you are running faster than 7 min/mi, walk 20 seconds at each mile mark.

Cross-Train

Choose something you enjoy that gives you a good cardio workout. Walking is always good cross training. You can also swim, bike, row, or use the elliptical.

Race Rehearsal

Warm up with a mile easy. Then run the indicated number of miles at race pace using the run/walk ratio you intend to use during the race. Cool down with another easy mile.

Wednesday Speed Work

Warm up with a mile easy. Then run 400 meters (0.25 miles) at a pace 30 seconds per mile faster than race pace. Walk for 2 to 3 minutes to recover. Then repeat the number of times indicated. Cool down with another easy mile.

Strength

On days you're doing both a run and strength workout, aim to do the run first so your legs feel fresh. Try to keep about six hours between the run and your strength session. If you need workout inspiration, check out [our list of 50+ workouts](#).

Magic Mile

Here's how to do it:

1. Warm up with a slow 1-mile run.
2. Do a few acceleration gliders: Start at walking pace, gradually accelerate to long-run pace, then to half-marathon pace, and then to 10K race pace. From there, gradually work back down to a walking pace. Aim for a smooth transition.
3. Keep running, pacing yourself as evenly as possible.
4. Run about as hard as you can for one mile. You should finish feeling that you couldn't have run more than a football field at the same pace, but you shouldn't be so tired that you can't finish your run.
5. After the time trial, walk for 5 minutes, and jog a slow 1 to 6 miles, as needed for the day's mileage.

To find your 10K race pace, multiply your Magic Mile time by 1.15.

- * If your previous long run was shorter than 5 miles, walk the difference between that run and this run. For example, if your previous long run was 3 miles, walk 2 miles today then run/walk another 3 to reach the minimum 5-mile goal for today.

Adjust your run/walk interval to your pace per mile. If you need a place to start, use this chart:

PREDICTED RACE PACE

PACE	RUN	WALK
18 min mile	5 sec	30 sec
17 min mile	10 sec	30 sec
16 min mile	10 sec	30 sec
15 min mile	15 sec	30 sec
14 min mile	30 sec	30 sec
13 min mile	30 sec	30 sec
12 min mile	60 sec	30 sec
11 min mile	60 sec	30 sec
10 min mile	90 sec	30 sec
9 min mile	2 min	30 sec
8 min mile	4 min	30 sec
7 min mile	6 min	30 sec