

10k Training Guide

This 10k training plan should be started 8 weeks out from the race date. If your race is more than 8 weeks out, simply build a base of normal training runs with minimal workouts. If your race is less than 8 weeks out, cut weeks 3-4. These guides focus on 2-3 hard efforts per week, with recovery runs in between. Feel free to replace any easy run with cross training or an off day, and swap any training days as your schedule needs. Basic training plans have one long run per week (typically Sunday).

Pace Guide

Mile Best	5K Best / Avg Mile Pace	10K Best / Avg Mile Pace	Half Marathon / Avg Mile Pace	Marathon / Avg Mile Pace	Tempo Pace	Recovery Pace	Long Run Pace
4:30	15:25 / 5:00	32:00 / 5:15	1:12:00 / 5:30	2:30:00 / 6:00	5:35	6:25	6:40
5:00	17:05 / 5:30	35:45 / 5:45	1:18:00 / 6:00	2:44:00 / 6:15	6:05	7:00	7:15
5:30	18:45 / 6:00	39:00 / 6:15	1:25:00 / 6:30	3:00:00 / 6:50	6:35	7:35	7:50
6:00	20:15 / 6:30	42:00 / 6:45	1:35:00 / 7:15	3:15:00 / 7:25	7:05	8:10	8:25
6:30	22:00 / 7:05	45:45 / 7:20	1:40:00 / 7:35	3:30:00 / 8:00	7:40	8:45	9:00
7:00	23:45 / 7:40	49:00 / 7:55	1:50:00 / 8:20	3:45:00 / 8:35	8:15	9:20	9:35
7:30	25:15 / 8:05	52:30 / 8:25	1:55:00 / 8:45	4:00:00 / 9:10	8:50	9:55	10:10

*Interpolate as needed

Workout key:

#x means repeat listed workout # times

Ladder means do workout in listed order, then repeat in reverse order

track workout

road workout

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Recovery	3x: 1 mi @ 10k pace 400m @ mile pace 800m @ 5k pace 3 min recoveries	Recovery	Recovery / Off	Recovery	2x: 200m @ mile pace split 800m: first 600m @ 5k pace last 200m @ mile pace 400m @ 5k	Long run
2	Recovery	Ladder: 1 mi @ tempo pace 1 min on / 30s off 2 min on / 60s off 3 min on / 90s off	Recovery	Recovery / Off	Recovery	4x: 400m @ 10k pace 2 x 400m @ 5k pace 400m @ mile pace 2 min recoveries	Long run
3	Recovery	3x: 1000m @ 10k pace 1000m @ tempo pace 2 min recoveries	Recovery	Recovery / Off	Recovery	800m @ 5k pace 200m @ mi pace 600m @ 5k pace 200m @ mi pace 400m @ 5k pace	Long run
4	Recovery	4 mi progression run average tempo pace 8 x 100m strides	Recovery	Recovery / Off	Recovery	Ladder: 300m @ mile pace 400m @ 5k pace 500m @ 5k pace 600m @ 10k pace	Long run
5	Recovery	5 mi progression run average tempo pace	Recovery	Recovery / Off	Recovery	2 mi time trial 6 x 200m @ 5k pace	Long run
6	Recovery	6 x long hill + crest (run 30 seconds past hill)	Recovery	Recovery / Off	Recovery	3x: 1 mi @ tempo pace 400m @ 5k pace 400m @ mile pace	Long run
7	Recovery	3x: 2 x 100m strides 1000m @ tempo pace 60s recoveries	Recovery	Recovery / Off	Recovery	3x: 2 x 200m @ mile pace 400m @ 10k pace 60s recoveries	Long run
8	Recovery	Ladder: 2 x 200m @ mi pace 400m @ 5k pace 800m @ 10k pace 2 min recoveries	Recovery	Recovery / Off	Recovery	Recovery 8 x 100m strides	Race Day