

# 12 Week 10K Training Program

This training program presumes that the runner has a prior base of 15-20 miles per week and is occasionally doing some tempo runs or speedwork.

Enter the date of the race in the highlighted cell and the rest of the dates will be calculated automatically.

Week#	ToGo#	Mon date	Mon	Tue (Strength and Speed)	Wed	Thu (Tempo)	Fri	Sat (Long Run)	Sun	Sun date
Base			30 min	30 min	20 min	40	Off	4		
1	-11	8/Aug	30 min	hills, 2 x 3 reps	20 min	35/10 @ 10K	OFF	5	OFF	14/Aug
2	-10	15/Aug	30 min	hills, 3 x 3 reps	20 min	35/10 @ 10K	OFF	6	OFF	21/Aug
3	-9	22/Aug	30 min	hills, 4 x 3 reps	30 min	35/15 @ 10K	OFF	5 (or 5K race)	OFF	28/Aug
4	-8	29/Aug	30 min	4 x 400m	30 min	35/15 @ 10K	OFF	6	OFF	4/Sep
5	-7	5/Sep	40 min	3 x 800m	40 min	40/20 @ 10K	OFF	7	OFF	11/Sep
6	-6	12/Sep	40 min	6 x 400m	40 min	40/20 @ 10K	OFF	6 (or 5K race)	OFF	18/Sep
7	-5	19/Sep	40 min	4 x 800m	40 min	50/30 @ 10K	OFF	7	OFF	25/Sep
8	-4	26/Sep	40 min	2 x 1600m	40 min	50/30 @ 10K	OFF	8	OFF	2/Oct
9	-3	3/Oct	40 min	6 x 800m	30 min	50/30 @ 10K	OFF	9	OFF	9/Oct
10	-2	10/Oct	30 min	3 x 1600m	40 min	50/30 @ 10K	OFF	7	OFF	16/Oct
11	-1	17/Oct	40 min	4 x 800m	30 min	40/20 @ 10K	OFF	5	OFF	23/Oct
12	0	24/Oct	30 min	5000m @ HMP	30/easy	rest or 20 min	OFF	rest or 20 min	Race	30/Oct

Monday and Wednesday are given as minutes of running and should be done at an easy, recovery pace

Tuesdays are track session days: Gradual build-up of speed repeats. 800m to be done at 5K race pace

Thursdays are tempo-run days: 35/10 @ 10K = 35 min run with 10 min at projected 10K pace; "HMP" refers to Half Marathon Pace

Saturdays are long run days. Long run pace is generally 45 to 90 sec slower than projected 10K pace.