

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	Tue (Strength and Speed)	Wed	Thu (Tempo)	Fri	Sat (Long Run)	Sun
Base		30 min	30 min	20 min	40	Off	4	
1	-11	30 min	hills, 2 x 3 reps	20 min	35/10 @ 10K	OFF	5	OFF
2	-10	30 min	hills, 3 x 3 reps	20 min	35/10 @ 10K	OFF	6	OFF
3	-9	30 min	hills, 4 x 3 reps	30 min	35/15 @ 10K	OFF	5 (or 5K race)	OFF
4	-8	30 min	4 x 400m	30 min	35/15 @ 10K	OFF	6	OFF
5	-7	40 min	3 x 800m	40 min	40/20 @ 10K	OFF	7	OFF
6	-6	40 min	6 x 400m	40 min	40/20 @ 10K	OFF	6 (or 5K race)	OFF
7	-5	40 min	4 x 800m	40 min	50/30 @ 10K	OFF	7	OFF
8	-4	40 min	2 x 1600m	40 min	50/30 @ 10K	OFF	8	OFF
9	-3	40 min	6 x 800m	30 min	50/30 @ 10K	OFF	9	OFF
10	-2	30 min	3 x 1600m	40 min	50/30 @ 10K	OFF	7	OFF
11	-1	40 min	4 x 800m	30 min	40/20 @ 10K	OFF	5	OFF
12	0	30 min	5000m @ HMP	30/easy	rest or 20 min	OFF	rest or 20 min	Race

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.

Friday and Sunday are days off (or cross-train)

Hill workouts here are done on a 200m length hill of 3 - 4% grade (rise of 20 - 25 ft). Each hill repeat is run at a comfortably hard pace and each set is separated by 3 - 4 minutes of easy jogging. Alternately, a parking garage ramp or other similar incline can be used where each set comprises running a ramp of 100 - 150 ft at a hard pace 5 times. So, 3 x 3 reps is equivalent to 3 x 5 ramps, 15 total.