

10-K TRAINING PLAN

EXPERIENCED AND NOVICE RUNNERS both do key workouts on non-consecutive days. Run easy, cross-train, or rest on other days. Begin quality workouts with a 10-minute jog, followed by four 20-second strides. End with a 10-minute jog.

WEEK	1	2	3	4	5	6
TEMPO	30 to 40 minutes moderate (10 to 20 seconds per km faster than easy-run pace).	35 to 45 minutes at a moderate pace.	20 minutes moderately hard (6 to 12 seconds slower than your 10-K goal pace).	20 minutes at a moderately hard pace.	35 to 45 minutes fairly hard; speed up to 10-K race pace in the final 10 minutes.	Race week. No tempo.
QUALITY	Six to eight hill repeats: run hard up a moderately steep hill that takes about 75 seconds to ascend. Jog down between each.	6 x 1km (2.5 laps on the track) at 6 seconds per kay faster than 10-K goal pace. Walk or jog 2.5 minutes between each.	Six to eight hill repeats: Run hard up a moderately steep hill that takes about 90 seconds to ascend. Jog down between each.	3 to 5 x 1km at 6 seconds per kay faster than 10-K goal pace. Walk or jog three minutes between each segment	10 x 400 metres at 6 to 10 seconds per kay faster than 5-K race pace. Jog 200 metres between each.	1 600m at 10-K race pace. Jog three minutes, then do 2 to 4 x 800 metres at 10-K pace. Jog one minute between each.
DISTANCE	8km to 10km easy.	8km to 12km easy.	10km to 12km easy.	10km to 12km easy.	10km to 13km easy.	★RACE DAY★