

Training for a perfect “10”

From the May 2007 *Walk!* Magazine

With the Olympic distances set at 20 kilometers (12.4 miles) and 50 kilometers (31 miles,) 5k races and shorter are thought of by racewalkers as sprint events. By this reasoning, 10k- and 10-mile races are the “middle distances”--not exactly sprints, but not marathons either.

As the summer heat abates a bit, the early fall is a great time for 5k walkers to think about moving up in distance. Middle-distance races can also be a great marathon-training tool, as walking at the relatively fast sustained pace of a 10-kilometer or 10-mile race not only improves fitness, it makes marathon pace seem that much easier.

The New Albany 10K in New Albany, Ohio on September 16th, and the Crim 10-Miler in Flint, Michigan on August 25th are two great opportunities to give the 10s a try. The following schedules for beginning, intermediate and advanced walkers can be used to train for these, or other, 10k races.

BEGINNERS' 10K TRAINING SCHEDULE						
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Off	Easy 3 miles	Easy 3 miles	Off	Easy 3 miles	Off	Easy 3 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3 miles	Off	Easy 4 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3 miles	Off	"Not so easy" 3 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 4 miles	Off	Easy 5 miles
Off	Easy 3 miles	1-mile warm-up, then 8 x ¼ mile fast with 2:00 rest breaks, ½-mile cool- down.	Off	Easy 4 miles	Off	"Not so easy" 4 miles
Off	Easy 3 miles	1-mile warm-up, 6 x 1/2 mile fast w/ 2:00 breaks, ½-mile cool- down.	Off	4-mile "acceleration." Start easy, build faster and faster, finish very fast.	Off	Easy 5 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool- down.	Off	Easy 4 miles	Off	"Not so easy" 4 miles
Off	Easy 3 miles	1-mile warm-up, 4 x 1 mile fast w/ 2:00 breaks, ½-mile cool- down.	Off	4-mile acceleration	Off	Easy 6 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool- down.	Off	Easy 4 miles	Off	"Not so easy" 5 miles
Off	Easy 3 miles	1-mile warm-up, 5 x 1 mile fast w/ 2:00 breaks, ½-mile cool- down.	Off	Easy 4 miles	Off	Easy 6 miles
Off	Easy 3 miles	1-mile warm- up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	4-mile acceleration	Off	Easy 6 miles—push last 2 miles
Off	Easy 3 miles	1-mile warm-up, 3 x 1 mile fast w/ 2:00 breaks, ½-mile cool- down.	Off	1-mile warm-up, 3 x 1/2 mile fast w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm- up then 4 x :30 seconds fast. Stretch!!!	10K race!

INTERMEDIATE 10K TRAINING SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Off	1-mile warm-up, then 8 x ¼ mile fast with 2:00 rest breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 6 miles
Off	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 8 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 6 x 1kilometer @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	"Not so easy" 5 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 4 x 1mile @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	"Not so easy" 6 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration.	Easy 3-5 miles	Easy 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 8 x 1kilometer @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	5-mile time trial.
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 5 x 1mile @ 10k pace w/ 2:00 breaks.	Easy 3-5 miles	"Not so easy" 6 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 3-5 miles	Easy 3-5 miles	5-mile acceleration	Easy 3-5 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Easy 3-5 miles	1-mile warm-up, then 6 x 1kilometer @ 10k pace w/ 2:00 breaks.	Easy 3 miles	Easy 8 miles
Off	Warm-up, 3 x 1 mile @ 10k pace w/ 2:00 breaks, ½-mile cool-down.	Easy 3-5 miles	Off	1-mile warm-up, 3 x 1/2 mile fast w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds fast. Stretch!!!	10K race!

ADVANCED 10K TRAINING SCHEDULE						
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 5 x 1 kilometer @ 10k pace w/ 2:00 breaks.	Easy 6 miles	5-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 8 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 3 x 2k @ 10k pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 10 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 6 x 1 kilometer @ 10k pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	10 miles. Push pace on last 5 miles.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 4 x 2k @ 10k pace w/ 2:00 breaks.	Easy 6 miles	5-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 12 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 4 x 1mile @ 10k pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	12 miles. Push pace on last 6 miles.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 4 x 2k @ 10k pace w/ 2:00 breaks.	Easy 6 miles	5-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 15 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 8 x 1 kilometer @ 10k pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	12 miles. Push pace on last 6 miles.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 4 x 2k @ 10k pace w/ 2:00 breaks.	Easy 6 miles	5-mile time-trial	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 15 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 5 x 1mile @ 10k pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	12 miles. Push pace on last 6 miles.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 4 x 2k @ 10k pace w/ 2:00 breaks.	Easy 6 miles	5-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 15 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 8 x 1 kilometer @ 10k pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 8 miles, push last 4 miles.
Off or easy 30-45 min. walk or cross-train.	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 6 miles	Off	Warm-up, 3 x 1/2 mile @ 10k pace w/ 2:00 rests, 1/2-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds fast. Stretch!!!	10K race!

BEGINNERS' 10-MILE TRAINING SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Off	Easy 3 miles	Easy 3 miles	Off	Easy 3-5 miles	Off	Easy 4 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3-5 miles	Off	Easy 5 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3-5 miles	Off	"Not so easy" 5 miles
Off	Easy 3 miles	Easy 4 miles	Off	Easy 3-5 miles	Off	Easy 6 miles
Off	Easy 3 miles	1-mile warm-up, then 8 x ¼ mile fast with 2:00 rest breaks, ½-mile cool-down.	Off	Easy 3-5 miles	Off	"Not so easy" 6 miles
Off	Easy 3 miles	1-mile warm-up, 6 x 1/2 mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	4-mile "acceleration." Start easy, build faster and faster, finish very fast.	Off	Easy 8 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	Easy 4 miles	Off	"Not so easy" 8 miles
Off	Easy 3 miles	1-mile warm-up, 4 x 1 mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	4-mile acceleration	Off	Easy 10 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	5-mile acceleration	Off	"Not so easy" 8 miles
Off	Easy 3 miles	1-mile warm-up, 5 x 1 mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	Easy 6 miles	Off	Easy 10 miles
Off	Easy 3 miles	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Off	6-mile acceleration	Off	Easy 5 miles
Off	Easy 3 miles	4-mile acceleration	Off	1-mile warm-up, 3 x mile @ 10-mile pace w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds fast. Stretch!!!	10-Mile race!

INTERMEDIATE 10-MILE TRAINING SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Off	1-mile warm-up, then 8 x ¼ mile fast with 2:00 rest breaks, ½-mile cool-down.	Easy 4-5 miles	Easy 4-5 miles	5-mile acceleration	Easy 4-5 miles	Easy 8 miles
Off	1-mile warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 4-5 miles	Easy 4-5 miles	6-mile acceleration	Easy 4-5 miles	Easy 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 4-5 miles	1-mile warm-up, then 6 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 4-5 miles	"Not so easy" 8 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	6-mile acceleration	Easy 4-5 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 8 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 4-5 miles	"Not so easy" 8 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	8-mile acceleration.	Easy 5-6 miles	Easy 12 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 8 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 5-6 miles	"Not so easy" 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	8-mile time-trial	Easy 5-6 miles	Easy 15 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 8 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 5-6 miles	"Not so easy" 10 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down..	Easy 5-6 miles	Easy 5-6 miles	8-mile acceleration	Easy 5-6 miles	Easy 15 miles
Off	Warm-up, 8 x ¼ mile fast w/ 2:00 breaks, ½-mile cool-down.	Easy 5-6 miles	Easy 5-6 miles	1-mile warm-up, then 6 x 1mile @ 10 mile pace w/ 2:00 breaks.	Easy 5 miles	Easy 8 miles
Off	4-mile acceleration	Easy 3-5 miles	Off	1-mile warm-up, 3 x 1 mile @ 10-mile pace w/ 2:00 rest breaks, ½-mile cool-down.	Easy 15-20 minutes warm-up then 4 x :30 seconds. fast. Stretch!!!	10-Mile race!

ADVANCED 10-MILE TRAINING SCHEDULE						
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 5 x 1 mile @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	5-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 10 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 5 x 2k @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 12 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 6 x 1 mile @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	10-mile acceleration.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 6 x 2k @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 12 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 8 x 1 mile @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	12-mile acceleration.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 6 x 2k @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 15 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 8 x 1 mile @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	12-mile acceleration.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 4 x 3k @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 15 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 8 x 1 mile @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile time-trial	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	12-mile acceleration.
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 6 x 2k @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	8-mile steady tempo	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 15 miles
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 6 x 1 mile @ 10-mile pace w/ 2:00 breaks.	Easy 6 miles	6-mile acceleration	Easy 6 miles	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	10 miles, push last 6 miles.
Off or easy 30-45 min. walk or cross-train.	2k warm-up, 8 x 400m fast with 2:00 breaks, 1k cool-down.	Easy 6 miles	Off	Warm-up, 3 x 1/2 mile @ 10 mile pace w/ 2:00 rests, 1/2-mile cool-down.	Easy 15-20 minutes. warm-up then 4 x :30 seconds fast. Stretch!!!	10-Mile race!

[*Return to homepage](#)