

ADVANCED 10K TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off or easy 30-45 min. walk or cross-train.	1-mile warm-up, then 5 x 1kilometer @ 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 1kilometer @ 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 1kilometer @ 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 1kilometer @ 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!