



## SAMPLE 10K TRAINING PROGRAM

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The following plan is designed to help individuals trying to improve their 10k run time. It uses a combination of speed, distance and strength training to build a base and decrease time. Runners using this plan should have a solid fitness base and be able to run 4-5 miles comfortably. In addition to the daily workout, be sure to include a proper warm-up and cool down.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	3 miles Strength	Rest	35 minute Tempo Run	3 miles Strength	60 minutes Cross-training	4 miles	Rest
<b>Week 2</b>	3 miles Strength	Rest	8 x 400 meters Speed Work	4 miles Strength	60 minutes Cross-training	5 miles	Rest
<b>Week 3</b>	3 miles Strength	Rest	40 minute Tempo Run	3 miles Strength	60 minutes Cross-training	6 miles	Rest
<b>Week 4</b>	3 miles Strength	Rest	9 x 400 meters Speed Work	4 miles Strength	Rest	5K Race	Rest
<b>Week 5</b>	3 miles Strength	Rest	45 minute Tempo Run	3 miles Strength	60 minutes Cross-training	6 miles	Rest
<b>Week 6</b>	3 miles Strength	Rest	10 x 400 meters Speed Work	4 miles Strength	60 minutes Cross-training	7 miles	Rest
<b>Week 7</b>	3 miles Strength	Rest	50 minute Tempo Run	4 miles Strength	60 minutes Cross-training	8 miles	Rest
<b>Week 8</b>	3 miles Strength	Rest	5 x 400 meters Speed Work	1-3 miles	Rest	10K Race	Rest

**KEY:**

**Warm-up:** Use an active warm-up and walk five minutes at an easy pace before every run.

**Cool down:** Walk five minutes at an easy pace and stretch/foam roll after every run.

**Tempo Runs:** A tempo run is a continuous run with a buildup in the middle to near race pace. Begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. Buildup should be gradual, with peak speed coming about two-thirds into the workout and only for a few minutes.

**Speedwork:** Run the 400s at about the pace you would run in a 5-K race. Walk or jog between each repeat.

**Cross-training:** Swimming, or cycling, walking, other forms of aerobic training or strength training are all good forms of cross-training. Cross-training days should be considered easy days to allow recovery from the rest of the week.

**Strength:** Strength training can include push-ups, pull-ups, free weights or working out with weight machines. Runners generally benefit from light weights with high number of repetitions, rather than heavier weights and low repetitions

*DISCLAIMER AND RELEASE OF LIABILITY: Participating in a marathon, whether running or walking, has inherent risks involved and could potentially be considered a hazardous activity. Not only the numerous injuries that you may incur by training and running in these events, but past history has shown that some runners have died during and upon completion of a marathon. GOLD IN SEPTEMBER are not responsible for any injuries or deaths. You must have medical clearance from your doctor before you engage in any exercise program and are properly trained before participating in these types of events.*