

10K Advanced



*Where (3/1) is specified, you should run the first three-fourths of the distance at a comfortable pace, then accelerate to near race pace over the last one quarter of the workout.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3-mile run & strength	30 min. tempo	6 X 400 mile pace	3-mile run & strength	Rest or 3-mile run	5-miles total, 2 pace	6-mile run
2	3-mile run & strength	40 min. tempo	7 X 400 mile pace	4-mile run & strength	Rest or 3-mile run	5-miles total, 2 pace	7-mile run
3	3-mile run & strength	50-min. tempo	8 X 400 mile pace	5-mile run & strength	Rest or 3-mile run	5-miles total, 3 pace	8-mile run (3/1)
4	3-mile run & strength	30 min. tempo	9 X 400 mile pace	3 mile run & strength	Rest or 3-mile run	Rest	5K Race
5	3-mile run & strength	50 min. tempo	10 X 400 mile pace	6-mile run & strength	Rest or 3-mile run	6-miles total, 3 pace	8-mile run (3/1)
6	3-mile run & strength	30 min. tempo	11 X 400 mile pace	3-mile run & strength	Rest or 3-mile run	Rest	8K Race
7	3-mile run & strength	60 min. tempo	12 X 400 mile pace	6-mile run & strength	Rest or 3-mile run	6-miles total, 3 pace	10-mile run (3/1)
8	3-mile run & strength	30 min. tempo	6 X 400 mile pace	3-mile run	Rest or 1-3-mile run	Rest	10K Race