



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	10 min. warm-up, 7 x 2 min. at goal 10K pace w/3 min. recovery jog, 10 min. cool-down	3 mile easy run	20-30 min. cross training or 2-4 mile easy run	10 min. warm-up, 10 min. tempo run*, 5 min. cool-down	Rest	5 miles	20 min. easy run + 4-6 x 70-100 m strides
2	10 min. warm-up, 8 x 2 min. at goal 10K pace w/3 min. recovery jog, 10 min. cool-down	4 mile easy run	20-30 min. cross training or 2-4 mile easy run	10 min. warm-up, 10 min. tempo run, 3 min. recovery jog, 5 min. tempo run, 5 min. cool-down	Rest	5 miles	20 min. easy run + 4-6 x 70-100 m strides
3	10 min. warm-up, 7 x 2 min. at goal 10K pace w/2 min. recovery jog, 10 min. cool-down	4 mile easy run	30-40 min. cross training or 2-4 mile easy run	10 min. warm-up, 10 min. tempo run, 3 min. recovery jog, 10 min. tempo run, 5 min. cool-down	Rest	5 miles	20 min. easy run + 4-6 x 70-100 m strides
4	10 min. warm-up, 6 x 3 min. at goal 10K pace w/3 min. recovery jog, 5 x 1 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	5 mile easy run	30-40 min. cross training or 2-4 mile easy run	10 min. warm-up, 3 x 10 min. tempo run w/2 min. recovery jog, 5 min. cool-down	Rest	6 miles	20 min. easy run + 4-6 x 70-100 m strides
5	10 min. warm-up, 6 x 3 min. at goal 10K pace w/2 min. recovery jog, 5 x 1 min. at 5K pace w/90 sec. recovery jog, 10 min. cool-down	4 mile easy run	20-30 min. cross training or 2-4 mile easy run	10 min. warm-up, 15 min. tempo run, 2 min. recovery jog, 5 min. at goal 10K pace, 5 min. cool-down	Rest	6-8 miles	30 min. easy run + 4-6 x 70-100 m strides
6	10 min. warm-up, 6 x 3 min. at goal 10K pace w/2 min. recovery jog, 5 x 90 sec. at 5K pace w/90 sec. recovery jog, 10 min. cool-down	5 mile easy run	30-40 min. cross training or 2-4 mile easy run	10 min. warm-up, 15 min. tempo run, 3 min. recovery jog, 10 min. at goal 10K pace, 5 min. cool-down	Rest	6-8 miles	20 min. easy run + 4-6 x 70-100 m strides
7	10 min. warm-up, 5 x 3 min. at goal 10K pace w/2 min. recovery jog, 5 x 2 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	5 mile easy run	30-40 min. cross training or 2-4 mile easy run	10 min. warm-up, 20 min. tempo run, 2 min. recovery jog, 12 min. at goal 10K pace, 5 min. cool-down	Rest	8-10 miles	20 min. easy run + 4-6 x 70-100 m strides
8	10 min. warm-up, 6-8 x 3 min. at 5K pace w/3 min. recovery jog, 10 min. cool-down	3 mile easy run	30-40 min. cross training or 2-4 mile easy run	10 min. warm-up, 15 min. tempo run, 2 min. recovery jog, 15 min. at goal 10K pace, 5 min. cool-down	Rest	8-10 miles	30 min. easy run + 4-6 x 70-100 m strides
9	10 min. warm-up, 7-9 x 2 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	3 mile easy run	20-30 min. cross training or 2-4 mile easy run	10 min. warm-up, 10 min. tempo run, 1 min. recovery jog, 20 min. at goal 10K pace, 5 min. cool-down	Rest	7 miles	20 min. easy run
10	10 min. warm-up, 7 x 1 min. at 5K race pace w/1 min. recovery jog, 10 min. cool-down	1-3 mile easy run	20-30 min. cross training or 2-4 mile easy run	5 min. warm-up, 10 min. tempo run, 10 min. at goal 10K pace, 5 min. cool-down	2 mile easy run + 4-6 x 70-100 m strides	RACE DAY!	

This training plan was created with input from US Olympian Amy Cragg.

*Tempo run: Steady effort, about 10-15 seconds slower than your goal 10K miles per minute. It should feel "comfortably hard."