



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	5 min. warm-up, 2 x 2 min. at goal 10K pace w/4 min. recovery jog, 5 min. cool-down	Rest	10–20 min. cross training	5 min. warm-up, 5 min. tempo run*, 5 min. cool-down	Rest	1 mile	Rest
2	5 min. warm-up, 3 x 2 min. at goal 10K pace w/4 min. recovery jog, 5 min. cool-down	Rest	10–20 min. cross training	5 min. warm-up, 5 min. tempo run, 5 min. recovery jog, 3 min. tempo run, 5 min. cool-down	Rest	1.5 miles	Rest
3	5 min. warm-up, 5 x 2 min. at goal 10K pace w/3 min. recovery jog, 5 min. cool-down	Rest	20–30 min. cross training	5 min. warm-up, 5 min. tempo run, 5 min. recovery jog, 5 min. tempo run, 5 min. cool-down	Rest	2.5 miles	10 min. easy run + 3–5 x 50–70 m strides
4	5 min. warm-up, 4 x 3 min. at goal 10K pace w/3 min. recovery jog, 2 x 1 min. at 5K pace w/2 min. recovery jog, 5 min. cool-down	Rest	20–30 min. cross training	5 min. warm-up, 3 x 5 min. tempo run w/5 min. recovery jog, 5 min. cool-down	Rest	3 miles	Rest
5	5 min. warm-up, 4 x 3 min. at goal 10K pace w/2 min. recovery jog, 3 x 1 min. at 5K pace w/90 sec. recovery jog, 5 min. cool-down	Rest	20–30 min. cross training	5 min. warm-up, 8 min. tempo run, 3 min. recovery jog, 8 min. at goal 10K pace, 5 min. cool-down	Rest	3.5 miles	15 min. easy run + 3–5 x 50–70 m strides
6	10 min. warm-up, 5 x 3 min. at goal 10K pace w/2 min. recovery jog, 2 x 90 sec. at 5K pace w/2 min. recovery jog, 5 min. cool-down	Rest	30–40 min. cross training	10 min. warm-up, 15 min. tempo run, 5 min. recovery jog, 7 min. at goal 10K pace, 5 min. cool-down	Rest	3 miles	Rest
7	10 min. warm-up, 4 x 3 min. at goal 10K pace w/2 min. recovery jog, 2 x 2 min. at 5K pace w/2 min. recovery jog, 5 min. cool-down	Rest	30–40 min. cross training	10 min. warm-up, 15 min. tempo run, 3 min. recovery jog, 10 min. at goal 10K pace, 5 min. cool-down	Rest	3.5 miles	15 min. easy run + 3–5 x 50–70 m strides
8	10 min. warm-up, 3–5 x 3 min. at 5K pace w/3 min. recovery jog, 10 min. cool-down	Rest	20–30 min. cross training	10 min. warm-up, 15 min. tempo run, 3 min. recovery jog, 12 min. at goal 10K pace, 5 min. cool-down	Rest	4.5 miles	Rest
9	10 min. warm-up, 4–6 x 2 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	Rest	10–20 min. cross training	10 min. warm-up, 15 min. tempo run, 3 min. recovery jog, 15 min. at goal 10K pace, 5 min. cool-down	Rest	3 miles	10 min. easy run + 3–5 x 50–70 m strides
10	5 min. warm-up, 4 x 1 min. at 5K race pace w/1 min. recovery jog, 5 min. cool-down	Rest	10–20 min. cross training	5 min. warm-up, 10 min. tempo run, 3 min. recovery jog, 5 min. at goal 10K pace, 5 min. cool-down	2 mile easy run + 2–4 x 50–70 m strides	RACE DAY!	

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

*Tempo run: Steady effort, about 30–40 seconds slower than your goal 10K miles per minute. It should feel “comfortably hard.”