



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	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 or 15–20 min. easy run	5 min. warm-up, 10 min. tempo run*, 5 min. cool-down	Rest	3 miles	10 min. easy run + 3–5 x 50–70 m strides
2	5 min. warm-up, 6 x 2 min. at goal 10K pace w/3 min. recovery jog, 5 min. cool-down	1–2 mile easy run	20–30 min. cross training or 15–20 min. easy run	10 min. warm-up, 10 min. tempo run, 5 min. recovery jog, 5 min. tempo run, 5 min. cool-down	Rest	3.5 miles	10 min. easy run + 3–5 x 50–70 m strides
3	5 min. warm-up, 6 x 2 min. at goal 10K pace w/2 min. recovery jog, 10 min. cool-down	Rest	30–40 min. cross training or 25–30 min. easy run	10 min. warm-up, 10 min. tempo run, 5 min. recovery jog, 10 min. tempo run, 5 min. cool-down	Rest	3.5 miles	15 min. easy run + 3–5 x 50–70 m strides
4	5 min. warm-up, 5 x 3 min. at goal 10K pace w/3 min. recovery jog, 3 x 1 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	1–2 mile easy run	20–30 min. cross training or 15–20 min. easy run	10 min. warm-up, 3 x 10 min. tempo run w/3 min. recovery jog, 5 min. cool-down	Rest	4 miles	15 min. easy run + 3–5 x 50–70 m strides
5	10 min. warm-up, 5 x 3 min. at goal 10K pace w/2 min. recovery jog, 4 x 1 min. at 5K pace w/90 sec. recovery jog, 10 min. cool-down	Rest	20–30 min. cross training or 15–20 min. easy run	10 min. warm-up, 15 min. tempo run, 3 min. recovery jog, 5 min. at goal 10K pace, 5 min. cool-down	Rest	4.5 miles	Rest
6	10 min. warm-up, 5 x 3 min. at goal 10K pace w/2 min. recovery jog, 3 x 90 sec. at 5K pace w/2 min. recovery jog, 10 min. cool-down	2–3 mile easy run	20–30 min. cross training or 15–20 min. easy run	10 min. warm-up, 15 min. tempo run, 5 min. recovery jog, 10 min. at goal 10K pace, 5 min. cool-down	Rest	4 miles	15 min. easy run + 3–5 x 50–70 m strides
7	10 min. warm-up, 4 x 3 min. at goal 10K pace w/2 min. recovery jog, 3 x 2 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	Rest	30–40 min. cross training or 25–30 min. 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	4.5 miles	Rest
8	10 min. warm-up, 5–7 x 3 min. at 5K pace w/3 min. recovery jog, 10 min. cool-down	2–3 mile easy run	30–40 min. cross training or 25–30 min. easy run	10 min. warm-up, 15 min. tempo run, 3 min. recovery jog, 15 min. at goal 10K pace, 5 min. cool-down	Rest	5.5 miles	15 min. easy run + 3–5 x 50–70 m strides
9	10 min. warm-up, 6–8 x 2 min. at 5K pace w/2 min. recovery jog, 10 min. cool-down	Rest	20–30 min. cross training or 15–20 min. easy run	10 min. warm-up, 20 min. tempo run, 2 min. recovery jog, 15 min. at goal 10K pace, 5 min. cool-down	Rest	4 miles	15 min. easy run + 3–5 x 50–70 m strides
10	10 min. warm-up, 5 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 15–20 min. easy run	5 min. warm-up, 5 min. tempo run, 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 20–30 seconds slower than your goal 10K miles per minute. It should feel “comfortably hard.”