

With five weeks to go, here is a flexible plan that incorporates three main components of training into five days of work, per week. You decide which workouts work best for you on which days, and have at it!

Speed, endurance, and recovery are the three components you should consider as you make your final race preparations. If you have already been following a training plan up until the five-week point, you can stick with that up until race day. If not, here are 25 days of workouts that can help you get ready to rock.

**TIPS**

- *Avoid doing speed and endurance run on back-to-back days.*
- *On easy days, feel free to do some light running, cross training, core strength workouts, or take the day off completely. Rest is important!*
- *One lap around a standard outdoor track is 400 meters; four laps is 1,600 meters, which is almost a mile (1,609 meters).*

**SPEED:** The best way to improve your pace is to work speed for brief periods in a series of intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods.

**ENDURANCE:** Weekly endurance runs at a comfortable pace help your muscles (and mind!) prepare for more time on your feet. When it comes to 6.2 miles, this weekly work is essential and gets runners comfortable with the physical and mental challenges they may face on race day.

**EASY:** These days are important. Listen to your body. Take the day off completely if you need to, cross train if appropriate. If running, start slowly and progressively build faster, or just keep it slow.

**RECOVERY:** We've only assigned five days of work per week here with the intention that the other two days be used as complete rest days—meaning no running.

WEEK	SPEED	EASY	SPEED	EASY	ENDURANCE
1	10 min. warm-up, 7 x 2 min. at goal 10K pace w/3 min. recovery jog, 10 min. cool down	Easy run 1-2 miles	10 min. warm-up, 10 min. tempo run*, 5 min. recovery jog, 5 min. tempo run, 5 min. cool-down	20-30 min. cross training	3-4 miles at pace 60-90 sec. slower than your goal 10K splits
2	10 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	Easy run 1-2 miles	10 min. warm up, 3 x 10 min. tempo run w/3 min. recovery jog, 5 min. cool down	30-40 min. cross training	3-4 miles at pace 60 sec. slower than your goal 10K splits
3	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	Easy run 2-3 miles	10 min. warm up, 15 min. tempo run, 5 min. recovery jog, 10 min. at goal 10K pace, 5 min. cool down	30-40 min. cross training	5-6 miles at pace 60 sec. slower than your goal 10K splits
4	10 min. warm-up, 5-7 x 3 min. at 5K pace w/3 min. recovery jog, 10 min. cool down	Easy run 2-3 miles	10 min. warm up, 15 min. tempo run, 3 min. recovery jog, 15 min. at goal 10K pace, 5 min. cool down	20-30 min. cross training	5-6 miles at pace 30 sec. slower than your goal 10K splits
5	10 min. warm-up, 5 x 1 min. at 5K pace w/1 min. recovery jog, 10 min. cool down	Easy run 1-3 miles	5 min. warm up, 5 min. tempo run, 5 min. at goal 10K pace, 5 min. cool down	20-30 min. cross training	Easy run 3-4 miles
	<b>RACE DAY!</b>				

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