



# BOSTON 10K for WOMEN

## 10-WEEK Training Plan

| WEEK | MON   | TUE  | WED                          | THU  | FRI  | SAT                 | SUN                 |
|------|---|------|------------------------------|--|------|---------------------|---------------------|
| 1    | 10 min. warm-up,<br>6 x 2 min. at goal 10K pace<br>w/3 min. recovery jog,<br>10 min. cool-down  | Rest | 20–30 min.<br>cross training | 10 min. warm-up,<br>10 min. tempo run*,<br>5 min. cool-down  | Rest | 2.2 mi.             | Easy run<br>10 min. |
| 2    | 10 min. warm-up,<br>7 x 2 min. at 10K pace<br>w/3min. recovery jog,<br>10 min. cool-down  | Rest | 20–30 min.<br>cross training | 10 min. warm-up,<br>10 min. tempo run,<br>5 min. recovery jog,<br>5 min. tempo run,<br>5 min. cool-down          | Rest | 2.7 mi.             | Easy run<br>10 min. |
| 3    | 10 min. warm-up,<br>6 x 2 min. at goal 10K pace<br>w/2 min. recovery jog,<br>10 min. cool-down  | Rest | 30–40 min.<br>cross training | 10 min. warm-up,<br>10 min. tempo run,<br>5 min. recovery jog,<br>10 min. tempo run,<br>5 min. cool-down         | Rest | 3.5 mi.             | Easy run<br>10 min. |
| 4    | 10 min. warm-up, 5 x 3 min.<br>at goal 10K pace w/3 min.<br>recovery jog, 4 x 1 min. at<br>5K pace w/2 min. recovery jog,<br>10 min. cool-down  | Rest | 20–30 min.<br>cross training | 10 min. warm-up,<br>3 x 10 min. tempo run<br>w/3 min. recovery jog,<br>5 min. cool-down                          | Rest | 4.2 mi.             | Easy run<br>15 min. |
| 5    | 10 min. warm-up, 5 x 3 min.<br>at goal 10K pace w/2 min.<br>recovery jog, 4 x 1 min. at<br>5K pace w/90 sec. recovery jog,<br>10 min. cool-down | Rest | 20–30 min.<br>cross training | 10 min. warm-up,<br>15 min. tempo run,<br>3 min. recovery jog,<br>5 min. at goal 10K pace,<br>5 min. cool-down   | Rest | 4.7 mi.             | Easy run<br>15 min. |
| 6    | 10 min. warm-up, 5 x 3 min.<br>at goal 10K pace w/2 min.<br>recovery jog, 3 x 90 sec. at<br>5K pace w/2 min. recovery jog,<br>10 min. cool-down | Rest | 20–30 min.<br>cross training | 10 min. warm-up,<br>15 min. tempo run,<br>5 min. recovery jog,<br>10 min. at goal 10K pace,<br>5 min. cool-down  | Rest | 4.2 mi.             | Easy run<br>15 min. |
| 7    | 10 min. warm-up, 4 x 3 min.<br>at goal 10K pace w/2 min.<br>recovery jog, 3 x 2 min. at<br>5K pace w/2 min. recovery jog,<br>10 min. cool-down  | Rest | 30–40 min.<br>cross training | 10 min. warm-up,<br>15 min. tempo run,<br>3 min. recovery jog,<br>10 min. at goal 10K pace,<br>5 min. cool-down  | Rest | 4.7 mi.             | Easy run<br>15 min. |
| 8    | 10 min. warm-up,<br>5–7 x 3 min. at 5K pace<br>w/3 min. recovery jog,<br>10 min. cool-down  | Rest | 30–40 min.<br>cross training | 10 min. warm-up,<br>15 min. tempo run,<br>3 min. recovery jog,<br>15 min. at goal 10K pace,<br>5 min. cool-down  | Rest | 5.7 mi.             | Easy run<br>20 min. |
| 9    | 10 min. warm-up,<br>6–8 x 2 min. at 5K pace<br>w/2 min. recovery jog,<br>10 min. cool-down  | Rest | 20–30 min.<br>cross training | 10 min. warm-up,<br>20 min. tempo run,<br>3 min. recovery jog,<br>15 min. at goal 10K pace,<br>5 min. cool-down  | Rest | 4.2 mi.             | Easy run<br>20 min. |
| 10   | 10 min. warm-up,<br>6 x 1 min. at 5K pace<br>w/1 min. recovery jog,<br>10 min. cool-down  | Rest | 20–30 min.<br>cross training | 5 min. warm-up,<br>10 min. tempo run,<br>3 min. recovery jog,<br>5 min. at goal 10K pace,<br>5 min. of cool-down | Rest | Easy run<br>2.2 mi. | Rest                |
|      | <b>RACE DAY!</b>  |      |                              |  |      |                     |                     |

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