



BOSTON 10K for WOMEN

Intermediate 10-WEEK TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	5 min. warm-up, 6 x 2 min. at goal 10K pace w/3 min. recovery jog, 10 min. cool-down	Rest	20–30 min. cross training	5 min. warm-up, 10 min. tempo run*, 5 min. cool-down	Rest	2 miles	Easy run 10 min.
2	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	20–30 min. cross training	10 min. warm-up, 10 min. tempo run, 5 min. recovery jog, 5 min. tempo run, 5 min. cool-down	Rest	2.5 miles	Easy run 10 min.
3	10 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	10 min. warm-up, 10 min. tempo run, 5 min. recovery jog, 10 min. tempo run, 5 min. cool-down	Rest	3.5 miles	Easy run 15 min.
4	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	20–30 min. cross training	10 min. warm-up, 3 x 10 min. tempo run, 3 min. recovery jog, 5 min. cool-down	Rest	4 miles	Easy run 15 min.
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	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	Easy run 2–3 miles	20–30 min. cross training	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	Easy run 15 min.
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	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	Easy run 2–3 miles	30–40 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	5.5 miles	Easy run 15 min.
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	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	Easy run 15 min.
10	10 min. warm-up, 5 x 1 min. at 5K race pace w/1 min. recovery jog, 10 min. cool-down	Easy run 1–3 miles	20–30 min. cross training	5 min. warm-up, 5 min. tempo run, 5 min. at goal 10K pace, 5 min. cool-down	Rest	Easy run 2 miles	Rest
	RACE DAY!						

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