

10K TRAINING PLAN BEGINNER (miles)

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Long Run 4 miles Z1-Z2	Rest	Run 3 miles Z1-Z2	Run 3 miles Z1-Z2 + Hill Sprints (2x6 sec on 5-8% grade) Z3 effort	Run 4 miles Z1-Z2	Rest	Run 2 miles Z1-Z2 + Hill Sprints (2x6 sec on 5-8% grade) Z3 effort
2	Long Run 5 miles Z1-Z2	Rest	Run 4 miles Z1-Z2	Run 3 miles Z1-Z2 + Hill Sprints (3x6 sec on 5-8% grade) Z3 effort	Run 4 miles Z1-Z2	Rest	Run 3 miles Z1-Z2
3	Long Run 6 miles Z1-Z2	Rest	Run 5 miles Z1-Z2	Run 3 miles Z1-Z2 + Hill Sprints (4x8 sec on 5-8% grade) Z3 effort	Run 5 miles Z1-Z2	Rest	Run 3 miles Z1-Z2
4	Long Run 6 miles Z1-Z2, last mile Z3	Rest	Fartlek Run 2 miles Z1-Z3, 5x 1 min @ 5K pace, 1 min recovery, 2 miles Z1-Z2	Run 3 miles Z1-Z2 + Hill Sprints (5x8 sec on 5-8% grade) Z3 effort	Run 6 miles Z1-Z2	Rest	Run 3 miles Z1-Z2
5	Long Run 7 miles Z1-Z2, last mile Z3	Rest	Fartlek Run 2 miles Z1-Z3, 6x 45s @ 3K pace, 1 min recovery, 2 miles Z1-Z2	Run 4 miles Z1-Z2 + Hill Sprints (5x8 sec on 5-8% grade) Z3 effort	Run 4 miles Z1-Z2	Rest	Run 3 miles Z1-Z2
6	Long Run 7 miles Z1-Z2, last 2 miles Z3	Rest	Fartlek Run 2 miles Z1-Z2, 3x ladder run from 10K pace to 3K pace, pick up speed every 30s, 2 min jogs between sets, 1 mile Z1	Run 4 miles Z1-Z2 + Hill Sprints (6x8 sec on 5-8% grade) Z3 effort	Run 4 miles Z1-Z2	Rest	Run 3 mile Z1-2 + Hill Sprints (7x6 sec on 5-8% grade) Z3 effort
7	Long Run 7 miles Z1-Z2, last 3 miles Z3	Rest	Run 2 miles Z1-Z2, 2 sets 6x1K @ 5K pace, recovery run 5 min, 1 mile Z1-Z2	Run 4 miles Z1-Z2 + Hill Sprints (7x8 sec on 5-8% grade) Z3 effort	Run 4 miles Z1-Z2	Rest	Run 3 miles Z1-2 + Hill Sprints (8x6 sec on 5-8% grade) Z3 effort
8	Long Run 7 miles Z1-Z2, last 2 miles Z3	Rest	Run 4 miles Z1-Z2	Run 4 miles Z1-Z2 + Hill Sprints (10x10 sec on 5-8% grade) Z3 effort	Run 4 miles Z1-Z2, 4x100 m strides Z5 effort	Rest	5K Time Trial
9	Run 4 miles Z1-Z2	Rest	Run 2 miles Z1-Z2, 2 sets 4x800m @ 5K pace, recovery run between sets 10 min, 1 mile Z1-Z2	Run 6 miles Z1-Z2	Run 5 miles Z1-Z2 + Hill Sprints (6x8 sec on 5-8% grade) Z3 effort	Rest	Run 4 miles Z1-2
10	Long Run 8 miles Z1-Z2, last 2 miles Z3	Rest	Run 2 miles Z1-Z2, 5 x 1000m @ 5K pace, 400m jog recovery, 1 mile Z1-Z2	Run 4 miles Z1-Z2	Run 3 miles Z1-Z2, 2x2 min Z5, recovery run 10 min, 1 mile Z1	Rest	Run 3 miles Z1-2
11	Long Run 8 miles Z1-Z2, last 3 miles Z3	Rest	Run 2 miles Z1-Z2, 6 x 1200m @ 10K pace, 400m jog recovery, 1 mile Z1-Z2	Run 3 miles Z1-Z2	Run 3 miles Z1-Z2, 3x1 min Z5 recovery run 10 min, 1 mile Z1	Rest	Run 3 miles Z1-2
12	Progression Run 8 miles Z1-Z2, intervals 6x2 min @ 10K pace, 2 min Z1-2, hills Z3 effort	Rest	Run 2 miles Z1-Z2, 6 x 1500m @ 10K pace, recovery 2 min, 1 mile Z1-Z2	Run 3 miles Z1-Z2	Run 2 miles Z1-Z2, 3x2 min Z3 recovery run 5 min, 1 mile Z1-2	Rest	Run 3 miles Z1-2
13	Long Run 7 miles Z1-Z2 last 4 miles Z3	Rest	Run 2 miles Z1-Z2, 2 miles @ 10K pace, 5 min recovery, 5x1K @ 10K pace, recovery 2 min, 1 mile Z1-Z2	Run 3 miles Z1-Z2	Run 4 miles Z1-Z2 + Hill Sprints (5x8 sec on 5-8% grade) Z3 effort	Rest	Run 3 miles Z1-2
14	Long Run 6 miles Z1-2, last 3 miles upper Z3 - lower Z4	Rest	Run 2 miles Z1-Z2, 1500m @ 3K pace, 5 min recovery, 8x400m @ 5K pace, recovery 1 min, 2 mile Z1-Z2	Rest	Run 3 miles Z1-Z2	Rest	<b>Saturday</b> Run 3 miles Z1-Z2, 3x100 m strides Z4 <b>Sunday Time Trial / 10K Race</b>

Z1-Z5 Zones Z1-Z5 from the Individual Running Diagnostic results