

# 10 MILER TRAINING PLAN

WEEK	DATES			WEDNESDAY		FRIDAY	SATURDAY	SUNDAY	MILEAGE
1	Feb 13 – Feb 19	Run 8km	Strength or cross-training	Run 6km	Strength or cross-training	Rest day	Run 5km easy	10 km*	29 km
2	Feb 20 – Feb 26	Run 8km	Strength or cross-training	Run 7km	Strength or cross-training	Rest day	Run 5km easy	12 km*	32 km
3	Feb 27 – March 5	Run 8km	Strength or cross-training	Run 8km (with 6 x 1min pickups)	Strength or cross-training	Rest day	Run 6km easy	13 km*	35 km
4	March 6 – March 12	Run 8km	Strength or cross-training	Run 8km tempo	Strength or cross-training	Rest day	Run 5km easy	10 km*	31 km
5	March 13 – March 19	Run 8km	Strength or cross-training	Run 10km (with 6 x 90sec pickups)	Strength or cross-training	Rest day	Run 6km easy	14 km*	38 km
6	March 20 – March 26	Run 8km	Strength or cross-training	Run 8km tempo	Run 5km easy	Rest day	Run 6km easy	15 km*	42 km
7	March 27 – April 2	Run 8km	Strength or cross-training	Run 8km (with 6 x 2min pickups)	Run 5km easy	Rest day	Run 5km easy	13 km*	39 km
8	April 3 – April 9	Run 8km	Strength or cross-training	Run 8km tempo	Run 6km easy	Rest day	Run 5km easy	16 km*	43 km
9	April 10 – April 16	Run 6km	Strength or cross-training	Run 7km	Run 4km easy	Rest day	Run 5km easy	10 km*	32 km
10	April 17 – April 22	Run 6km	Strength or cross-training	Run 6km	Strength or cross-training	Rest day	Run 3 km easy	RACE DAY!	31 km

**NOTE:** Before starting this running program you should be currently running 3-4 times/week, able to run 10km continuously & running at least 25km/week.

- *\*Sundays* are LSD (Long Slow Distance) days. Aim to pace these runs about 1 minute slower per km than your normal/goal race pace.
- *Tempo*: for tempo days, run 1km easy warmup, 6km tempo (at race pace), 1km easy cool down.
- *Pickups*: increase your pace to a challenging but sustainable pace for the specified time. Spread these out throughout the run.
- *Strength or cross-training days*: It is important as a runner to ensure you are focusing on glute/hip/core strengthening. Yoga is a good form of exercise to do on these days. Other physical activities that you normally do are also good to do on these days.
- *Rest days* are running rest days. Feel free to add some active recovery workouts on these days (ie. swimming, easy cycling) as long as you can keep the workout easy. It is okay to take this day off completely if you feel tired or need a day off!