



# 10K · BEGINNER 9-WEEK TRAINING PLAN



## SET A GOAL

### STEP 1

Use the [Hansons Training Pace Calculator](#) to fill in the following paces. You'll reference these paces for your weekly workouts. This will help you get the most out of each workout, and ensure that your training hits the right zones so you don't go too easy, or too hard.

\_\_\_\_\_ : Your goal finish time      \_\_\_\_\_ : Your goal pace (GP)  
\_\_\_\_\_ : Long Run      \_\_\_\_\_ : 5k pace (for workouts)

## BRUSH UP ON YOUR RUNNER LINGO

### STEP 2

**TEMPO:** It should be hard to hold a conversation at this speed, but still a pace you could hold for 45–60 minutes if necessary.

**RECOVERY PACE:** Easy jogging in-between hard, fast intervals; no prescribed speed, just keep moving.

**WARM-UP/COOL-DOWN:** Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you're done.

**REST OR CROSS-TRAIN:** Total rest, or doing a non-running activity such as weights, yoga, cycling, etc.

**NOTATION:** In these training plans, minutes and seconds are noted using quotations marks: minutes are denoted using by single quotation marks, and seconds denoted by double quotation marks. (3' = 3 minutes, 45" = 45 seconds)

### STEP 3

## START TRAINING

**NOTE:** For all Tues/Thurs workouts, include 1.5 miles warm up, 1.5 miles cool down



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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	5 km easy	5 x 1' hills Jog down for recovery	5 km easy or 30' cross-train	6 km "up/down" Alternate: Up miles at tempo pace, Down miles at moderate effort	5 km or 30' cross-train	Long run: 45'	Rest or easy cross-train
WEEK 2	5 km easy	3 x 2' hard / 1' easy 2 x 90/60/30" hills	6 km easy or 35' cross-train	3 x 1,6 km tempo 2' recovery	6 km easy	Long run: 50'	Rest or easy cross-train
WEEK 3	6 km easy	3 x 2' hard / 1' easy 2 x 90/60/30" hills	6 km easy or 30' cross-train	6 km progressive tempo Start moderate and cut down 5" each 1,6 km	5 km easy	Long run: 55'	Rest or easy cross-train
WEEK 4	6 km easy	3 x 3' hard / 90" off 3 x 45" hills	6 km easy or 35' cross-train	6 km aerobic tempo at tempo pace + 20" 3 x 100m hard with 3' recovery	5 km easy	Long run: 55'	Rest or easy cross-train



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	8 km easy	8 x 600m at Goal Pace with equal rest	6 km easy or 35' cross-train	3 x 3/2/1' hills Increasing effort as the intervals get shorter	6 km easy	Long run: 60'	Rest or easy cross-train
<b>WEEK 6</b>	8 km easy	4 x 1k at GP-5" with 2' rest 4 x 400m at 5k pace with 90" rest	6 km easy or 35' cross-train	2 x 3 km tempo w/ 3' rest between 3 x 150m hard w/ 4' recovery	6 km easy	Long run: 60'	Rest or easy cross-train
<b>WEEK 7</b>	8 km easy	4 x 800m at 5k pace then 250m even faster 1' recovery after 800, 4' recovery after 250	8 km easy or 40' cross-train	8 km progressive tempo Start moderate and cut down 5" each mile	6 km easy	Long run: 65'	Rest or easy cross-train
<b>WEEK 8</b>	8 km easy	50' run as you feel 9 x 100m quick	8 km easy or 40' cross-train	1600/1200/800/400/200m Rest 3'/2'/2'/2' Pace: 10k/10k/5k/5k-3"/hard	10 km easy	Long run: 90'	Rest or easy cross-train



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<b>WEEK 9</b>	8 km easy	5 km tempo w/ 4' recovery	6 km easy	6 x 400m at GP w/ 60" rest	Rest or 5 km easy	Pre-race shakeout:  5 km <hr/> 3 x 150m at GP	RACE DAY!

## NOTES

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