



# 10K · ADVANCED 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 quotation 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 2 miles warm up, 2 miles cool down



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	6 km easy	5 x 1' hills ----- Jog down in 90" for recovery	6 km easy	8 km "up/down"  Alternate: Up miles at tempo pace, Down miles at moderate effort	5 km easy	Long run: 90'	Rest or easy cross-train
<b>WEEK 2</b>	8 km easy	3 x 1' hard / 1' easy ----- 5 x 1' hills ----- 3 x 30" hard / 90" easy	8 km easy	5 x 2 km tempo  60" recovery	6 km easy	Long run: 90'	Rest or easy cross-train
<b>WEEK 3</b>	10 km easy	3 x 2' hard / 1' easy ----- 2 x 90/60/30" hills ----- 3 x 1' hard / 1' easy	10 km easy	11 km progressive tempo  Start moderate and cut down 5" each mile	5 km easy	Long run: 1 hour and 40 minutes	Rest or easy cross-train
<b>WEEK 4</b>	6 km easy	3 x 3' hard / 90" easy ----- 6 x 45" hills	6 km easy	13 km aerobic tempo tempo pace +20" ----- 4 x 100m hard with 3' recovery	Rest or 5 km easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	8 km easy	12 x 600m at Goal Pace with equal rest <hr/> Pick up speed throughout workout	10 km easy	3 x 3/2/1' hills  Increasing effort as the intervals get shorter	6 km easy	Long run: 90'	Rest or easy cross-train
<b>WEEK 6</b>	11 km easy	6 x 1k at 10k +5" pace with 2' rest <hr/> 8 x 400m at 5k pace with 90" rest	10 km easy	2 x 3 km tempo w/ 3' rest between <hr/> 2 km tempo <hr/> 3 x 150m hard w/ 4' recovery	6 km easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train
<b>WEEK 7</b>	11 km easy	6 x 800m at 5k pace then 250m even faster <hr/> 1' recovery after 800, 4' recovery after 250	10 km easy	11 km progressive tempo  Start moderate and cut down 5" each mile	8 km easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train
<b>WEEK 8</b>	11 km easy	70' run as you feel <hr/> 9 x 100m quick	11 km easy	2 x 3000/1600/1200/800/400/200m <hr/> Rest 4'/3'/2'/2'/2'/2' <hr/> Start at tempo pace -15" and get steadily faster	10 km easy	Long run: 90'	Rest or easy cross-train

