



Training for a 10K? Get race ready with our 8-week training plan

The thing about 10K races

As the name suggests, this race is 10 kilometers, or 6.2 miles, long. That increased distance means you'll not only need greater physical and mental endurance, but also a much deeper understanding of how to pace yourself.

This routine, then, is designed to not only acclimate you to that amount of running but also give you the sort of physical awareness needed to manage your time and energy properly. Consisting of three to five runs each week, this plan will use a variety of run types to prepare you for race day.

A word on intensity

The training plan uses your heart rate as the primary measure of intensity. As you read over the workouts, you'll notice a percentage written next to most sessions. This represents the percent of your maximum heart rate (MHR) at which you should be running.

To calculate your maximum heart rate, the American Council on Exercise recommends the following formula: $208 - (.7 \times \text{your age}) = \text{MHR}$. Based on this number, you can then calculate the percentage that each run calls for according to the schedule. An easy run, for example, would only have you running at 50% of your MHR.

Hills and intervals

Hill runs and interval workouts are valuable tools when training for a 10K to help improve your speed and strength. Since the intervals require you to run a very specific distance, it can be helpful to run on a track or treadmill. Similarly, for the hill sprints, you'll need to control your terrain. Depending on where you live, it may be easiest to run these on a treadmill, too.



8-WEEK 10K RACE TRAINING PLAN



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	2 miles (60%) TIME: _____	3 miles (60%) TIME: _____	TEMPO 2 miles (80%) TIME: _____	REST / Cross-train	2 miles (60%) TIME: _____	3 miles easy (50%) TIME: _____	REST
WEEK 2	3 miles (60%) TIME: _____	3 miles (60%) TIME: _____	Short intervals (to help speed) on a track or flat route: 8 x 200m (85%) w/200m recovery between each	REST / Cross-train	3 miles (60%) TIME: _____	3 miles easy (50%) TIME: _____	REST
WEEK 3	4 miles (60%) TIME: _____	3 miles (60%) TIME: _____	Hill repeats x 8: 40 sec up hill, 90 sec downhill (run up hill fast 85-95%; run downhill slow for recovery)	REST / Cross-train	4 miles (60%) TIME: _____	5 miles easy (50%) TIME: _____	REST
WEEK 4	4 miles (60%) TIME: _____	2 miles (60%) TIME: _____	TEMPO 5 miles (85%) TIME: _____	REST / Cross-train	4 miles (60%) TIME: _____	6 miles easy (50%) TIME: _____	REST
TEMPO RUN Lorem ipsum dolor sit amet, consectetur : 7K MHR: _____ TIME: _____							



8-WEEK 10K RACE TRAINING PLAN



WEEK 2

	MON	TUE	WED	THU	FRI	SAT	SUN
	3 miles	4 miles	Short intervals: 4 x 400m (85-95%) w/ 400m recovery between each	REST / Cross-train	4 miles	8 miles total (3 miles easy / 3 miles at race pace / 2 miles easy)	REST
	(60%)	(60%)			(60%)		
	TIME: _____	TIME: _____			TIME: _____	TIME: _____	

WEEK 3

	5 miles	4 miles	Hill repeats x 8: 45 sec up hill, 90 sec downhill (run up hill fast 85-95%; run downhill slow for recovery)	REST / Cross-train	4 miles	5 miles easy	REST
	(60%)	(60%)			(60%)	(50%)	
	TIME: _____	TIME: _____			TIME: _____	TIME: _____	

WEEK 3

	4 miles	5 miles	Short intervals: 4 x 400m (85-95%) w/ 400m recovery between each	REST	2 miles	6 miles total (3 miles easy / 2 miles at 90% / 1 mile easy)	REST
	(70%)	(60%)			(60%)		
	TIME: _____	TIME: _____			TIME: _____	TIME: _____	

WEEK 3

	4 miles Easy	REST	3 miles Easy	REST	3 miles Easy	REST	10K RACE
	TIME: _____		TIME: _____		TIME: _____		

TEMPO RUN

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MHR: _____

TIME: _____

