



10K · ADVANCED 9-WEEK TRAINING PLAN



STEP 1

SET A GOAL

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)

STEP 2

BRUSH UP ON YOUR RUNNER LINGO

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.

HILL TRAINING/RUNNING: When you see sets of hill repeats (90/60/30" hills, for example), start by running uphill at moderate/hard intensity, then jog back down to recover and rest. When you get to the bottom, turn around and run uphill again, jogging back down. In general, hills are an efficient, natural interval workout that lets you switch between hard and easy running.

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)

WHAT DOES "/ " MEAN?: When you see "/" on the calendar, the forward slash indicates changing durations of work or rest during an interval workout. So 2 x 90/60/30" hills means you do run uphill for 90 seconds, recover by jogging back down, run uphill again for 60 seconds, jog down, and run uphill for 30 seconds before repeating the full series again. For workouts with timed rest after intervals of varying distance, the rest is written to match the interval. So 200/400/800m intervals followed by 1'/2'/3' rest means that you rest for 1 minute after your 200m interval, rest for 2 minutes after your 400m interval, and so on.

STEP 3

START TRAINING

NOTE: For all Tues/Thurs workouts, include 2 miles warm up, 2 miles cool down



10K · ADVANCED 9-WEEK TRAINING PLAN



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	4 miles easy	5 x 1' hills ----- Jog down in 90" for recovery	4 miles easy	6 "up/down" miles Alternate: Up miles at tempo pace, Down miles at moderate effort	3 miles easy	Long run: 90'	Rest or easy cross-train
WEEK 2	5 miles easy	3 x 1' hard / 1' easy ----- 5 x 1' hills ----- 3 x 30" hard / 90" easy	5 miles easy	5 x 1 tempo miles 60" recovery	4 miles easy	Long run: 90'	Rest or easy cross-train
WEEK 3	6 miles easy	3 x 2' hard / 1' easy ----- 2 x 90/60/30" hills ----- 3 x 1' hard / 1' easy	6 miles easy	7-mile progressive tempo Start moderate and cut down 5" each mile	5 miles easy	Long run: 1 hour and 40 minutes	Rest or easy cross-train
WEEK 4	4 miles easy	3 x 3' hard / 90" easy ----- 6 x 45" hills	4 miles easy	8-mile aerobic tempo tempo pace +20" ----- 4 x 100m hard with 3' recovery	Rest or 3 miles easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train



10K · ADVANCED 9-WEEK TRAINING PLAN



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

