

RUNNER'S WORLD

TRAINING PLAN

10K · Advanced

This six-week schedule is geared toward serious runners and racing veterans who can comfortably run for an hour or more, and who want to develop the ability to run stronger, longer. This plan includes two speed sessions each week, two days of easy running, a day of rest, and a long run that stretches up to 12 miles.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Day 1 Rest	Day 2 4–6 Miles Easy	Day 3 Speed Intervals with Strides	Day 4 4 Miles Easy	Day 5 4-6 Easy Miles with Strides	Day 6 0–4 Miles Easy	Day 7 8–10 Miles Easy
2	Day 8 Rest	Day 9 4–6 Miles Easy	Day 10 Speed Intervals with Strides	Day 11 4–6 Miles Easy	Day 12 5–7 Miles Easy with Strides	Day 13 0–4 Miles Easy	Day 14 10–12 Miles Easy
3	Day 15 Rest	Day 16 4–6 Miles Easy	Day 17 4–6 Miles Easy	Day 18 4–6 Miles Easy	Day 19 5–7 Miles Easy	Day 20 0–4 Miles Easy	Day 21 10 Miles Easy
4	Day 22 Rest	Day 23 4–6 Miles Easy	Day 24 Speed Intervals	Day 25 4–6 Miles Easy	Day 26 5–7 Miles Easy with Strides	Day 27 Rest or 3-4 Easy Miles	Day 28 12–14 Miles Easy
5	Day 29 Rest	Day 30 3–4 Miles Easy	Day 31 Race Pace and Speed Intervals	Day 32 4–6 Miles Easy	Day 33 5–7 Miles Easy with Strides	Day 34 0–4 Miles Easy	Day 35 8–10 Miles Easy
6	Day 36 Rest	Day 37 3 Easy Miles	Day 38 Speed Intervals with Strides	Day 39 4–5 Miles Easy with Strides	Day 40 Rest	Day 41 3 Miles Easy with Strides	Day 42 10K Race

Day 1, Monday · Rest

Welcome to the Runner's World 10K Plan for Advanced Runners.

As you train, tap into our online community at runnersworld.com/forums, where you'll find tips on training, nutrition, and injury prevention, and you can connect with other runners and the editors of Runner's World.

This plan is full of speedwork, during which you'll be running at race pace or faster so that you can meet your race-day goals. You'll have one rest day each week to recover from all the fast running.

It's best not to exercise at all on your rest days so that you can give your all to your quality workouts.

Here's a guide to this plan's workouts:

EASY DAYS: Maintain a comfortable pace that feels easy enough to hold a conversation.

RACE-PACE INTERVALS: Take your race-pace intervals at the same speed you hope to run in your event. So, for instance, a 10-minute goal race pace would translate to five minutes for an 800-meter interval, which is roughly half a mile, and 2:30 for 400 meters, which is a quarter mile. After each hard repeat, recover by slowly jogging for about half the time. Be sure to warm up with two easy miles and some strides before the workout, and cool down afterward with two miles of easy running.

SPEED INTERVALS: Take your speed intervals about 30 seconds faster per mile than your goal race pace. So, for instance, a 10-minute goal race pace would translate to a 4:44 for a half mile, or 800 meters, and a 2:22 for 400 meters. After each hard segment, recover for the same distance with easy running. Be sure to warm up with two easy miles and some strides before the workout, and cool down afterward with two miles of easy running.

STRIDES: Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

REST DAYS: It's best not to exercise at all to give your muscles a chance to recover, and to get a mental break so you can come back refreshed.

Day 2, Tuesday · 4–6 Miles Easy

Run four to six miles at an easy, conversational pace.

Day 3, Wednesday · Speed Intervals with Strides

2 x 800 meters at speed pace

4 x 400 meters at speed pace

4 x 200 meters at speed pace

4 x 100-meter strides

After a warmup, run speed intervals at 10 seconds per mile faster than your goal race pace. So, for instance, a 10-minute goal race pace would translate into a 4:55 for a half mile, or 800 meters, and a 2:27 for 400 meters. To recover between the intervals, jog half the distance of the repeats.

Finish off the workout with strides. Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride. Be sure to warm up and cool down with easy running.

Day 4, Thursday · 4 Miles Easy

Maintain your easy, conversational pace.

Day 5, Friday · 4-6 Easy Miles with Strides

4 to 6 miles easy
6 strides

Run easy, then finish the run with six strides. Gradually accelerate over 100 meters until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

Day 6, Saturday · 0–4 Miles Easy

Maintain a pace that feels easy enough to hold a conversation. You also have the option to rest today.

Day 7, Sunday · 8–10 Miles Easy

Maintain a comfortable pace that feels easy enough to hold a conversation.

WEEK 2

Day 8, Monday · Rest

This is week two of training. This week you'll have one rest day and three easy runs. You'll also do some speedwork and a long run of 10 to 12 miles.

Day 9, Tuesday · 4–6 Miles Easy

To prevent blisters, choose synthetic socks that wick moisture away from the skin, keep your feet dry, and reduce friction. Also make sure your shoes fit.

Day 10, Wednesday · Speed Intervals with Strides

2 x 1200 meters at speed pace
1 x 800 meters at speed pace
1 x 400 meters at speed pace
1 x 200 meters at speed pace
6 x 100-meter strides

After a warmup, ramp up to some speed intervals. Run these at 10 seconds per mile faster than your goal race pace. So, for instance, a 10-minute goal race pace would translate into a 4:55 for a half mile, or 800 meters, and a 2:27 for 400 meters. To recover between the intervals, jog half the distance of the repeats.

For the strides, gradually accelerate over 100 meters until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride. Be sure to warm up and cool down with easy running.

Day 11, Thursday · 4–6 Miles Easy

Don't let boredom derail your training. Map out a new route or find a scenic trail so you feel refreshed. You can find a new route, or map your own, by going to our routefinder at runnersworld.com/routes.

Day 12, Friday · 5–7 Miles Easy with Strides

If at all possible, do some of your training on the racecourse. Previewing the hills, turns, and narrow spaces will help you feel more confident and relaxed going into your big goal event. If you're not able to run on the course, look at the course map and elevation chart, which should be posted on the event website. Try to do some runs that simulate the same pattern of elevation change that you'll face in the race.

Day 13, Saturday · 0–4 Miles Easy

Don't avoid the hills—run for them. Running hills develops efficiency, endurance, and power. Ascending an incline uses more muscle fibers than running on level terrain, and climbing longer hills makes the body recruit muscles when they're fatigued, which helps develop your finishing speed. If you have no hills nearby, run on highway overpasses, bridges, or in parking structures. As you approach an incline, shorten your stride while maintaining the same cadence. Small, quick steps will help reduce the effort.

Day 14, Sunday · 10–12 Miles Easy

During runs or races of 75 minutes or longer, consume carbs 30 to 60 minutes into the run. Continue fueling in small doses, aiming for 100 to 250 calories (or 25 to 60 grams of carbs) per hour—equal to one to 2 1/2 sports gels or 16 to 40 ounces of sports drink. Try different brands and flavors of sports drinks, energy gels, and chews to find out which ones sit well in your stomach. Find out what will be served at the aid stations on the course so that you can test it out during training and figure out whether it works for you.

WEEK 3

Day 15, Monday · Rest

This is week three of training. At the end of this week, you'll be halfway to race day. This week you'll have five easy runs, a 10-mile long run, and one day of rest.

Day 16, Tuesday · 4–6 Miles Easy

Shin splints are common among beginners and seasoned runners alike, and that soreness and pain along the shinbone tends to come on after ramping up mileage or intensity too much without enough rest. Running on uneven road surfaces or wearing worn-out shoes can also bring them on. If you feel shin splints coming on, take it easy and check your log. You may need to back off a bit.

Day 17, Wednesday · 4–6 Miles Easy

It's important to keep your easy days easy throughout training so that you have the energy and fitness to give your all to the quality workouts, like tempo runs and long runs. In order to do that, it's a good idea to learn the best target pace for all your runs on the schedule. If you have run a race within the past six months, plug that time into our training calculator at runnersworld.com/tools. Look at the "training paces" to find your pace for each of the runs on the schedule.

If you don't have a recent race time, do a one-mile time trial. Here's how: Go to a track or any one-mile stretch of road. After a 10-minute warmup, time yourself while running four laps (or one mile) as fast as you can. Note your time, then cool down with 10 minutes of walking and jogging. Plug your time into the training calculator.

Day 18, Thursday · 4–6 Miles Easy

Keep your conversational pace for four to six miles.

Day 19, Friday · 5–7 Miles Easy

Training logs can be great tools to track your progress and help prevent injuries. Write down details about the mileage you ran, how you felt while you were on the run, what the weather was like, and how you felt afterward. Be sure to include your race goals and the reasons you're training. When you feel the urge to call it quits, pull out that log. Seeing all your plans—and all that you've already accomplished—can help get you out the door.

Day 20, Saturday · 0–4 Miles Easy

The first few weeks of training are about building a base, establishing a routine, and getting accustomed to following a plan. If you want to integrate cross-training into your race preparation, it's best to start now, while the mileage is still very low, so that it can be a part of your regular regimen from now until race day. It's a good idea to incorporate strength training into your routine; it can help boost your endurance and stave off midrun fatigue. Just don't lift the day before key running workouts. It will sap the strength you need to run long or hard.

Day 21, Sunday · 10 Miles Easy

Hook up with a buddy or a running club for long runs—you'll be surprised how easily the miles roll by when you're in good company. Don't know other runners? Log into our online community at runnersworld.com, where you'll find regional groups and forums. Or contact a running shop in your area. Many shops organize group long runs in the spring and fall.

WEEK 4

Day 22, Monday · Rest

This is week four of training. On the schedule this week are three easy runs, a 12- to 14-mile long run, speed intervals, and some strides. Today will be your only rest day.

Day 23, Tuesday · 4–6 Miles Easy

Have new aches and pains? It may be time to replace your shoes. Worn-out and ill-fitting shoes are often the cause of injury. Be sure to go to a specialty running shop to get a pair that offers the fit and support that your feet need.

Day 24, Wednesday · Speed Intervals

2 x 1200 meters at speed pace
1 x 800 meters at speed pace
1 x 400 meters at speed pace
1 x 200 meters at speed pace
6 x 100-meter strides

After a warmup, do speed intervals. Run these at 10 seconds per mile faster than your goal race pace. So, for instance, a 10-minute goal race pace would translate into a 4:55 for a half mile, or 800 meters, and a 2:27 for 400 meters. To recover between the intervals, jog half the distance of the repeats.

Finish the workout with six strides. Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

Day 25, Thursday · 4–6 Miles Easy

Don't take painkillers before a race or run. Take these painkillers infrequently, only after a run to reduce inflammation, and then only for a few days. If chronic pain persists, see a doctor.

Day 26, Friday · 5–7 Miles Easy with Strides

5 to 7 miles easy
6 strides

Maintain your conversational pace for five to seven miles. Finish off the workout with six strides. Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

Day 27, Saturday · Rest or 3-4 Easy Miles

If possible, get into the habit of heading out at the same time each day. If it's built into your schedule, you're less likely to skip a run, and more likely to look forward to the next day's workout if you do miss a day.

Day 28, Sunday · 12–14 Miles Easy

If you notice that you start feeling really tight in your shoulders and upper back during a run, try flexibility and yoga poses that focus on your shoulders, arms, and neck. These areas get tense from working a desk job or driving a long commute. Loosening up those areas will make your running feel more fluid. You can find lots of good yoga poses just for runners at runnersworld.com/yoga.

Day 29, Monday · Rest

This is week five of training. Race day is next week. This week is full of longer, easier runs with one speed session.

Day 30, Tuesday · 3–4 Miles Easy

Struck by a sidestich? Notice which foot is striking the ground when you inhale and exhale. Then switch the pattern. So if you were leading with your right foot, inhale when the left foot steps. If that doesn't help, stop running and reach both arms above your head. Bend at the waist, leaning to the side opposite the stitch.

Day 31, Wednesday · Race Pace and Speed Intervals

2 x 1 mile at race pace
1 x 1200 meters at speed pace
1 x 800 meters at speed pace
1 x 400 meters at speed pace
6 x 100-meter strides

After a warmup, run one mile at your 10K goal pace, then jog easy for a half mile to recover. Do this one more time.

Then pick up the pace for speed intervals. Run each hard repeat 10 seconds per mile faster than your goal race pace. So, for instance, a 10-minute goal race pace would translate into a 4:55 for a half mile, or 800 meters, and a 2:27 for 400 meters. To recover between the intervals, jog half the distance of the repeats.

Finish off the workout with strides. Gradually accelerate over 100 meters until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

Day 32, Thursday · 4–6 Miles Easy

Be sure to stay hydrated throughout the day, not just while you're out on the run. A good rule of thumb is to drink half your body weight in ounces of fluids. So if you weigh 150 pounds, aim for 75 ounces of water or sports drink per day. If you weigh 100 pounds, aim for 50 ounces.

Day 33, Friday · 5–7 Miles Easy with Strides

5 to 7 miles easy
6 strides

Maintain your conversational pace for five to seven miles. Finish off the workout with six strides. Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

Day 34, Saturday · 0–4 Miles Easy

If you miss a workout, try not to worry about it. Just stay on the training schedule. Missing a few miles won't make or break your race. But trying to cram missed miles into a week can set you up for injury and derail your racing plans.

Day 35, Sunday · 8–10 Miles Easy

It's okay to listen to music on the run. Studies have shown that on top of helping athletes work harder, music also reduces perceived exertion and gives your mood a boost. Put on your running tunes before you go out, and you'll be more likely to lace up and get out the door. Runner's World has collected playlists from the nation's top runners, along with songs that scientists have proven will help you pick up the tempo. You can find the perfect sound track for your next run on the playlists page on runnersworld.com/music.

Day 36, Monday · Rest

This is week six of training. Race day is this weekend! Do the runs that are scheduled this week, and resist the urge to cram in extra mileage or speed: It can only hurt your performance on race day. Rest as much as possible, and get your gear and fuel plans for the weekend set. Your goal should be to reduce your stress as much as possible heading to the starting line.

As you taper for the race, you'll have two days of rest so you can recover from all the hard workouts. You'll also have two speed sessions to get the fast-twitch muscle fibers firing so you don't feel sluggish for the race.

Day 37, Tuesday · 3 Easy Miles

You're close enough to race day to start checking the weather forecast and thinking about what to wear. Whatever the conditions are, you've probably run in them before. If you need help choosing proper attire, check out the "What to Wear" tool at runnersworld.com/what-to-wear.

Day 38, Wednesday · Speed Intervals with Strides

2 miles easy
6 x 400 at 10K pace with 200 easy run recovery
1 mile easy

Day 39, Thursday · 4–5 Miles Easy with Strides

4 to 5 miles easy
6 strides

Maintain your conversational pace for four to five miles. Finish off the workout with six strides. Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

Day 40, Friday · Rest

The night before the race, be sure to eat dinner early, so you have plenty of time to digest your food and sleep well. A high proportion of the meal should be carbohydrates; the meal should be low in fat and protein. Avoid beans, broccoli, and other gas-causing foods. Keep alcohol to a minimum or skip it all together. And you don't need to eat an entire box of pasta. Flooding your system with more carbs than it can process may lead to digestive problems that will have you running to the porta-potty every mile. Consume moderate quantities—not huge portions—of carbs for a few days prior. Most important, don't experiment with new foods. Don't consume anything that you haven't used during training.

Day 41, Saturday · 3 Miles Easy with Strides

3 miles easy
3 strides

Run easy for three miles, and cap off the run with three strides to get your muscles race-ready. Over 100 meters, gradually accelerate until you reach 90 percent of all-out effort. Hold that effort for five seconds, then smoothly decelerate. Walk to full recovery after each stride.

This run is more for your mind than your body. You may be nervous that you've rested too much, but relax—you've done enough. Just shake out your muscles for tomorrow's race. Eat light meals throughout the day, and finish your dinner and get to bed early. It's perfectly normal to feel panicky and question your training. The key to battling prerace anxiety is to be confident about your training. Use a sentence to take you back from the ledge, like "I'm ready, I'm prepared," and repeat it. Take stock of the miles you've covered leading up to this day to put meaning behind the mantra.

Day 42, Sunday · 10K Race

It's race day. Good luck! Be sure to walk and stretch after the race so you're not too sore afterward.

Once you've recovered, consider training with Runner's World again. Check out the other plans we've designed for 5Ks, half marathons, and marathons.

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