RUNNER'S WORLD

TRAINING PLAN

10K · Intermediate

This six-week schedule was designed to help intermediate runners - those who have been running for at least a year, have completed some 5Ks and 10Ks, and want to develop the stamina to finish a 10K faster. Each week features two days of rest, two days of easy running, some tempo- runs, and intervals done at race pace or slightly faster.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Day 1 Rest	Day 2 6 Miles Easy	Day 3 Race-Pace Intervals	Day 4 4 Miles Easy	Day 5 4 Miles Easy with Strides	Day 6 Rest	Day 7 6 Miles Easy
2	Day 8 Rest	Day 9 6 Miles Easy	Day 10 Race-Pace And Speed Intervals with Strides	Day 11 4 Miles Easy	Day 12 4.5 Miles Easy with Strides	Day 13 Rest	Day 14 8 Miles Easy
3	Day 15 Rest	Day 16 6 Miles Easy	Day 17 Race-Pace And Speed Intervals	Day 18 4 Miles Easy	Day 19 5 Miles Easy with Strides	Day 20 Rest	Day 21 6 Miles Easy with Tempo Work
4	Day 22 Rest	Day 23 6–7 Miles Easy	Day 24 Speed Intervals with Strides	Day 25 4 Miles Easy	Day 26 5 Miles Easy with Strides	Day 27 Rest	Day 28 10 Miles Easy
5	Day 29 Rest	Day 30 4–6 Miles Easy	Day 31 Speed Intervals with Strides	Day 32 4 Miles Easy	Day 33 6 Miles Easy with Strides	Day 34 Rest	Day 35 6–8 Miles Easy with Tempo Work
6	Day 36 Rest	Day 37 4–6 Miles with Strides	Day 38 4 Miles Easy with Speed Intervals	Day 39 2 Miles Easy	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 Intermediate 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 six-week plan includes regular doses of tempo work and long runs, which will help build your endurance to cover the 10K distance faster than you have before. The plan also includes faster intervals and some hill work to strengthen your legs and lungs.

Your training kicks off with a day of rest so you'll be fresh and ready for the workouts ahead. Then you'll have three easy runs, and two shorter runs that include intervals and strides. Your first long run will be six miles.

Here's a guide to this plan's workouts:
EASY DAYS: Keep a comfortable, conversational pace, about one to two minutes slower than your 5K pace. Or you can cross-train on a bike or an elliptical trainer.
CROSS-TRAINING: Cross-training should be limited to rest days and easy days. On easy days, cross-training should involve sustained aerobic effort with an activity, like cycling or using an elliptical trainer, for the same amount of time you'd spend on the day's mileage. On rest days, cross-training should involve a no-impact activity like stretching, yoga, or swimming.
REST DAYS: It's best not to exercise at all to give your muscles a chance to recover, and to give yourself a mental break so you can come back refreshed.
RACE-PACE INTERVALS: Run intervals at your 10K goal pace. This will improve your efficiency and stamina and help you get comfortable running at the tempo you want to maintain in the race. After each bout of hard work, jog for half the interval distance to recover.
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 2, Tuesday · 6 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.

Day 3, Wednesday · Race-Pace Intervals

2 miles easy running
1 x 400 meters with 200 easy run recovery
1 x 800 meters with 400 easy run recovery
1 x 1200 meters with 600 easy run recovery
1 x 800 meters with 400 easy run recovery
1 x 400 meters with 200 easy run recovery
1 mile easy running

For race-pace intervals, run each interval at your 10K goal pace. After each bout of hard work, jog for half the interval distance to recover. Be sure to cool down with easy running afterward.

Day 4, Thursday · 4 Miles Easy

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

Day 5, Friday · 4 Miles Easy with Strides

4 miles easy
4 strides

Run at a conversational pace for four miles. Then finish off with four 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 6, Saturday · Rest

It's best to do no exercise at all today. Save your energy for tomorrow's run.

Day 7, Sunday · 6 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. You'll have three easy runs, one including strides. On Wednesday, you'll have a track session where you'll do goal-pace and speed intervals. You'll have two days of rest to recover from all that hard work, and an eight-mile long run on Sunday.

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

REST DAYS: It's best not to exercise at all to give your muscles a chance to recover, and to give yourself a mental break so you can come back refreshed.
EASY DAYS: Keep a comfortable, conversational pace, about one to two minutes slower than your 5K pace. Or you can cross-train on a bike or an elliptical trainer.
CROSS-TRAINING: Cross-training should be limited to rest days and easy days. On easy days, cross-training should involve sustained aerobic effort with an activity, like cycling or using an elliptical trainer, for the same amount of time you'd spend on the day's mileage. On rest days, cross-training should involve a no-impact activity like stretching, yoga, or swimming.
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.
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 9, Tuesday · 6 Miles Easy

Maintain a conversational pace for six miles

Day 10, Wednesday · Race-Pace And Speed Intervals with Strides

1 x 1200 meters at race pace
2 x 800 meters at race pace
4 x 200 meters at race pace
4 x 200 meters at speed pace
4 x 100-meter strides

After a warmup, run race-pace intervals. Do each repeat at your 10K goal pace. After each bout of hard work, jog for half the interval distance to recover. Throw in four speed intervals, which should be 30 seconds per mile faster than your goal race pace. Recover from the speed intervals for the same distance.

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.

Day 11, Thursday · 4 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 12, Friday · 4.5 Miles Easy with Strides

Maintain a conversational pace for 4.5 miles. Finish off with five strides.

For the 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 13, Saturday · Rest

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 for a marathon. 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 14, Sunday · 8 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.

WEEK 3

Day 15, Monday · Rest

You're halfway through training. At the end of this week, race day will be three weeks away. This week, you'll have some tempo work and two easy days along with two days of rest. You'll also have a session of speed intervals, where you'll work at your goal race pace and slightly faster.

Here's a guide to this plan's workouts:
REST DAYS: Ideally, on rest days you should do no exercise at all. But it's okay to go for a short easy run, or cross-train with a no-impact activity like stretching, yoga, or swimming.
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. Recover between the hard bouts of running by slowly jogging for half the distance. Be sure to warm up and cool down with 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.
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.
TEMPO WORK: Run at your tempo pace (about 30 seconds slower than your 10K pace). Jog for three to five minutes, then run 10 minutes at your tempo pace and cool down. (Need help finding your pace? Check out the training calculator at runnersworld.com/tools.)

Day 16, Tuesday · 6 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 17, Wednesday · Race-Pace And Speed Intervals

1 x 800 meters at race pace
1 x 1200 meters at race pace
1 x 800 meters at race pace
2 x 400 meters at speed pace
4 x 200 meters at speed pace

After a warmup, run race-pace intervals. Take each interval at your 10K goal pace. After each bout of hard work, jog for half the interval distance to recover.

Then ramp up to speed intervals. Run these at 30 seconds per mile faster than your goal race pace. So, for instance, a 10-minute goal race pace would translate into a 4:44 for a half mile, or 800 meters, and a 2:22 for 400 meters. To recover between the intervals, jog half the distance. Be sure to warm up and cool down.

Day 18, Thursday · 4 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 19, Friday · 5 Miles Easy with Strides

5 miles easy
6 x 100 meters strides

For the 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 20, Saturday · Rest

It may be tempting to run on rest days, but it's best not to. Give your body a chance to recover from the miles you've logged, and get energized for the long run.

Day 21, Sunday · 6 Miles Easy with Tempo Work

2 miles easy
2 x 10 minutes at tempo pace
2 miles easy

Take the first two miles at your conversational pace. Then run for 10 minutes at your tempo pace (about 30 seconds slower than your 10K pace). Jog for three to five minutes, then run 10 minutes at your tempo pace and run two miles easy to finish the run. (Need help finding your pace? Check out the training calculator at runnersworld.com/tools.)

WEEK 4

Day 22, Monday · Rest

Welcome to week four of training. This week you'll have two easy runs and two rest days. You'll have a speed session to practice running slightly faster than your goal race pace, and a 10-mile long run.

Day 23, Tuesday · 6–7 Miles Easy

Maintain a conversational pace for six to seven miles.

Day 24, Wednesday · Speed Intervals with Strides

1 x 1200 meters at speed pace
1 x 800 meters at speed pace
2 x 400 meters at speed pace
2 x 200 meters at speed pace
4 x 100 meters strides

After a warmup, ramp up to 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 off with four 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 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 26, Friday · 5 Miles Easy with Strides

5 miles easy
6 strides

For the 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

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 · 10 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.

WEEK 5

Day 29, Monday · Rest

This is week five of training. Race day is next week. This week you'll have tempo work and two easy runs, plus some speedwork to get your legs race ready. You'll have two days of rest.

Day 30, Tuesday · 4–6 Miles Easy

It's very important to keep your easy days EASY and save your better efforts for the faster paced workouts.

Day 31, Wednesday · Speed Intervals with Strides

1 x 800 meters at speed pace
4 x 400 meters at speed pace
4 x 200 meters at speed pace
1 x 800 meters at speed pace
4 x 100 meters strides

Run these at 10 seconds per mile faster than your goal race pace. So, for instance, a 10-minute per mile 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. Be sure to warm up and cool down with easy running.

Day 32, Thursday · 4 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 33, Friday · 6 Miles Easy with Strides

6 miles easy
6 x 100 meters strides

Maintain a comfortable pace that feels easy enough to hold a conversation for six miles. Finish off the run with six strides.

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

Day 34, Saturday · Rest

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 35, Sunday · 6–8 Miles Easy with Tempo Work

2 miles easy
2–8 miles at tempo
2 miles easy

Run at your easy pace for two miles. Then run for 10 minutes at your tempo pace (about 30 seconds slower than your 10K pace). Jog for three to five minutes, then run 10 minutes at your tempo pace and ease back to your conversational pace for two more miles.

WEEK 6

Day 36, Monday · Rest

This is the final week 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.

You'll have one last speed session, two easy runs with some short bursts of speed, and two days of rest.

Day 37, Tuesday · 4–6 Miles with Strides

Finish off 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.

Day 38, Wednesday · 4 Miles Easy with Speed Intervals

4 miles easy
4 x 400 meters at speed pace

Maintain a conversational pace for four miles. Then do four 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.

Day 40, Friday · Rest

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 41, Saturday · 3 Miles Easy with Strides

3 miles easy
3 x 100 meter strides

The night before the race, be sure to eat dinner early, so you have plenty of time to digest your food and to 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 42, Sunday · 10K Race

It's race day. Good luck! Try to run an even pace from the start. The first half of the race should feel easy. Try running the first two miles at a comfortable pace, push a little harder for the second two miles, then go hard on the final two miles.

Once you've recovered from the race, consider training with Runner's World again. Check out the other plans we've designed for 5Ks, 10Ks, half marathons, and marathons.