

8 Week 10K Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1-2 miles @ CP	Strength Day	1-2 miles @ CP	Track: 4 x 200 m race pace with 2 minute jogs in between	Strength Day	2-3 miles @ CP	Rest Day
Week 2	1-2 miles @ CP	Strength Day	1-2 miles @ CP	Track: 4 x 200 m race pace with 2 minute jogs in between	Strength Day	3 miles @ CP	Rest Day
Week 3	2-3 miles @ RP	Strength Day	2-3 miles @ CP	Hill: 4 x 200 m hill climb at faster than CP with slow jog down, 8 min cool down jog on flat terrain	Strength Day	3-4 miles @ CP	Rest Day
Week 4	2-3 miles @ RP	Strength Day	2-3 miles @ CP	Hill: 4 x 200 m hill climb at faster than CP with slow jog down, 8 min cool down jog on flat terrain	Strength Day	4 miles @ CP	Rest Day
Week 5	2-3 miles @ RP	Strength Day	2-3 miles @ CP	Track: 4 x 400 m race pace with 2 minute jogs in between	Strength Day	4-5 miles @ CP	Rest Day
Week 6	2-3 miles @ RP	Strength Day	2-3 miles @ CP	Track: 4 x 400 m race pace with 2 minute jogs in between	Strength Day	5-6 miles @ CP	Rest Day
Week 7	2-3 miles @ CP	Strength Day	2-3 miles @ CP	Rest Day	Strength Day	4-5 miles @ CP	Rest Day
Week 8	2-3 miles @ CP	Strength Day	2-3 miles @ CP	Rest Day	RACE DAY	RACE DAY	RACE DAY

Key: (CP: Conversation Pace) (RP: Race Pace)

Frequently Asked Questions

What is “conversation pace”?

- Conversation pace is a running pace at which you can maintain a conversation with a partner, which typically ensures that you are training below your anaerobic threshold. Don't have a partner? Try to maintain a pace at which you can sing a song aloud to yourself.

What is “race pace”?

- Race pace is the average pace you wish to achieve on race day, consistent with the time you wish to finish your selected distance. For instance, if your goal is to finish a marathon in under 4 hours, your race pace needs to be under 9:10 per mile. Work up to your desired race pace gradually, by running spurts of that pace during a training run before increasing the time spent at that faster pace. For example, if I set out for my first 5 mile training run at race pace, I could run miles 2 and 4 at race pace while running the rest of the miles at conversation pace. During my next 5 mile training run at race pace, I could run miles 1, 3, and 5 at race pace while running the rest at conversation pace. This allows for a slower and safer progression of your training intensity.

What should I do for strength days?

- In general, exercises to strengthen your quadriceps, gluteals, hamstrings, and core should be performed for the strength and stability day. Reach out using the “Ask A PT” feature on our website for specific exercises to try. HIIT type workouts (high intensity interval training) are also an excellent option especially if you are already familiar with them. If not, it's a great idea to start with our suggested workout and progress to a more formal HIIT program.

Does bike riding count as training?

- While (in general) bike riding does not count toward your training mileage, it can be a good form of cross-training, as it is a low-impact activity that can significantly improve cardiovascular endurance. Rest day means rest from running so your rest days are a good time to get in a bike ride (think recovery!). Please make sure your bike is fit properly before you log any significant mileage though!

What should I do if I miss a day?

- Don't sweat it! You can either make up the mileage another day or take advantage of an extra day of rest. Sometimes rest is the best thing we can do to improve our performance. Training more does not always equate to training better and rest days are a part of training.

What if I don't have access to a running track?

- No worries! Substitutes for the track workouts are easy to find. If you have access to a long set of stairs, you could do stair repeats for 20-30 minutes. Don't have access to a long set of stairs? Find a hill and do hill repeats for 20-30 minutes. Don't have access to a hill? Find a quiet neighborhood street and perform sprint repeats for 20-30 minutes, sprinting to one end of the street before walking or slowly jogging back. If none of these sound like good options for you, please reach out to us using the “Ask A PT” feature on the website and we will help you come up with a solution.