

10K Training Schedule for Novice Runners

		10K Training Schedule for Novice Runners						
Week		MON	TUES	WED	THUR	FRI	SAT	SUN
Philadelphia Marathon	1	Rest	1.5 miles	CT or Rest	1.5 miles	Rest	2 miles	25 - 30 minute run or CT
	2	Rest	2 miles	CT or Rest	2 miles	Rest	2.5 miles	25 - 30 minute run or CT
	3	Rest	2.5 miles	CT or Rest	2 miles	Rest	3.5 miles	30 - 35 minute run or CT
	4	Rest	2.5 miles	CT or Rest	2 miles	Rest	3.5 miles	35 minute run or CT
	5	Rest	3 miles	CT or Rest	2.5 miles	Rest	4 miles	35 - 40 minute run or CT
	6	Rest	3 miles	CT	2.5 miles	Rest	4.5 miles	35 - 40 minute run or CT
	7	Rest	3.5 miles	CT	3 miles	Rest	5 miles	40 minute run or CT
	8	Rest	3 miles	CT or Rest	2 miles	Rest	Rest	Race Day!

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

10K Training Schedule for Advanced Novice Runners

Philadelphia Marathon	Week	MON	TUES	WED	THUR	FRI	SAT	SUN
	1	Rest	3 miles	CT	2.5 miles race pace	Rest	3 miles	30 minutes EZ
	2	Rest	3 miles	CT	3 miles race pace	Rest	3.5 miles	35-40 minutes EZ
	3	Rest	3.5 miles	CT	3.5 miles race pace	Rest	4 miles	35-40 minutes EZ
	4	Rest	4 miles	CT	3.5 miles race pace	Rest	4.5 miles	40-45 minutes EZ
	5	Rest	4 miles	CT	3 miles race pace	Rest	5 miles	40-45 minutes EZ
	6	Rest	4 miles	CT	3.5 miles race pace	Rest	6 miles	40-45 minutes EZ
	7	Rest	4 miles	CT	3 miles race pace	Rest	7 miles	40-45 minutes EZ
	8	Rest	3 miles	CT or Rest	3 miles	Rest	Rest	Race Day!

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Easy Run (EZ): A recovery run during which you focus on running slowly.

10K Training Schedule for Intermediate Runners

Week	MON	TUES	WED	THUR	FRI	SAT	SUN
1	CT or Rest	4 x 400m IW	3 miles EZ	30 minute tempo	Rest	4 miles	30 minutes EZ
2	CT or Rest	5 x 400m IW	3.5 miles EZ	35 minute tempo	Rest	5 miles	35 minutes EZ
3	CT or Rest	6 x 400m IW	3.5 miles EZ	35 minute tempo	Rest	6 miles	35 minutes EZ
4	CT or Rest	7 x 400m IW	4 miles EZ	40 minute tempo	Rest	6 miles	40 minutes EZ
5	CT or Rest	8 x 400m IW	4.5 miles EZ	40 minute tempo	Rest	7 miles	40 minutes EZ
6	CT or Rest	8 x 400m IW	4.5 miles EZ	40 minute tempo	Rest	7.5 miles	45 minutes EZ
7	CT or Rest	6 x 400m IW	4 miles EZ	40 minute tempo	Rest	8 miles	45 minutes EZ
8	CT or Rest	3 mile run EZ	40 minute tempo	3 miles EZ	Rest	Rest	Race Day!

Cross Train (CT): A low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc.

Easy Run (EZ): A recovery run during which you focus on running slowly.

Interval Workout (IW): A speed workout where a set distance is run repeatedly with recovery jogs in between to build speed and aerobic capacity

Tempo run: Maintain a comfortably hard or challenging pace; about 15 secs faster than your marathon goal minute/mile pace. A good guideline is to run at a slightly difficult speed. (It should be hard for you to carry on a conversation.)