

10 Mile Training Plan

Week	MON	TUES	WEDS	THURS	FRI	SAT	SUN
	Conversation		Tempo	Intervals		Pace	Easy
1	Rest/Stretch	2 miles	XT	2 miles	Rest	2 miles	2 miles
2	Rest/Stretch	2 miles	XT	2 miles	Rest	3 miles	2 miles
3	Rest/Stretch	3 miles	XT	2.5 miles	Rest	4 miles	2 miles
4	Rest/Stretch	3 miles	XT	3 miles	Rest	3 miles	XT
5	Rest/Stretch	4 miles	XT	3 miles	Rest	5 miles	3 miles
6	Rest/Stretch	4 miles	XT	3 miles	Rest	6 miles	3 miles
7	Rest/Stretch	4 miles	XT	3 miles	Rest	7 miles	3 miles
8	Rest/Stretch	3 miles	XT	3 miles	Rest	5 miles	XT
9	Rest/Stretch	5 miles	XT	3.5 miles	Rest	8 miles	3 miles
10	Rest/Stretch	5 miles	XT	3.5 miles	Rest	9 miles	3 miles
11	Rest/Stretch	5 miles	XT	3.5 miles	Rest	6 miles	2 miles
12	Rest/Stretch	Easy 3 miles	Easy 3 miles	Easy 2 miles	Rest	Rest	Race Day

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

Conversation pace: If you can talk while you're running the long run, you're at the right effort. If you can't, you're running too fast.

Tempo run: maintaining a comfortably hard or challenging pace; builds speed and teaches the body to run at a certain pace; usually run at a maximum of 80-85% HR

Intervals: a speed workout where a set distance is run repeatedly with recovery jogs in between to build speed and aerobic capacity

Pace: running at a set pace that is comfortably challenging, a bit faster than conversation pace, but slower than tempo