10K 180 - 240 Minutes

A 12 week plan designed for runners who are preparing for a 10k race. If you have been running fewer than 3 hours per week, This is the plan for you.

The primary focus of the plan is to improve your running endurance and general fitness to be best prepared for the 10k race. If you are unsure about your goal race power, use the power calculator from the Stryd mobile app to get the estimation.

Start Date: **September 4**

Set the starting date in cell C2. Rows 3 will automatically update with the correct dates and days of the week.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run 20 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 20 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Rest Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 25 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 25 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 10 minutes @ 95% 10k power + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Easy Run 35 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.
2	Rest or Cross-Training The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	Easy Run 25 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 25 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 2 x 10 minutes @ 95% 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Easy Run 35 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.

Week							
3	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Goal Pace Workout 15 minutes @ zone 1 + 6 x 2 minutes at goal 10k power, with 2 minutes easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 35 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 25 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 2 x 10 minutes @ 95% 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 50 minutes @ zone 1 (65 - 80% CP) The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.
4	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Goal Pace Workout 15 minutes @ zone 1 + 8 x 2 minutes at goal 10k power, with 2 minutes easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 35 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 25 minutes @ zone 1 There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 10 minutes @ zone 1 + 3 * 10 minutes @ 95% 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 50 minutes @ zone 1 The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.
5	Rest or Cross-Training The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	Goal Pace Workout 15 minutes @ zone 1 + 6 x 3 minutes at goal 10k power, with 2 minutes easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 40 minutes @ zone 1 There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 25 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 2 x 15 minutes @ 95% 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 60 minutes @ zone 1 The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.

6	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Goal Pace Workout 15 minutes @ zone 1 + 5 * 3 minutes at goal 10k power with 90 seconds easy jog in between, then 5 * 1 minutes at 105% of 10k power, with 1 minute easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 40 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 25 minutes @ 95% 10k power w/ 5 minutes jogging then 5 minutes @ 10k power + 12 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 60 minutes @ zone 1 The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.
7	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Goal Pace Workout 15 minutes @ zone 1 + 4 * 3 minutes at goal 10k power with 90 seconds easy jog in between, then 4 * 90 seconds at 105% of 10k power, with 90 seconds easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 40 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 20 minutes @ 95% 10k power w/ 5 minutes jogging then 10 minutes @ 10k power + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 60 minutes @ zone 1 The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.

8	Rest or Cross-Training The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	Goal Pace Workout 15 minutes @ zone 1 + 4 * 3 minutes at goal 10k power with 90 seconds easy jog in between, then 4 * 2 minutes at 105% of 10k power, with 2 minute easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 40 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 15 minutes @ zone 1 + 10 minutes @ 95% 10k power w/ 3 minutes jogging then 2 * 10 minutes @ 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 60 minutes @ zone 1 The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.
9	Rest or Cross-Training The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	Goal Pace Workout 15 minutes @ zone 1 + 3 * 3 minutes at goal 10k power with 90 seconds easy jog in between, then 6 * 2 minutes at 105% of 10k power, with 2 minute easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Rest or Cross-Training Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	Easy Run 40 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Easy Run 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	Tempo Workout 20 minutes @ zone 1 + 3 * 10 minutes @ 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	Endurance Run 60 minutes @ zone 1 (65 - 80% CP) The endurance runs will tend to be at the higher end of zone 1 or lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.

10	**Rest or Cross-Training** The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	**Goal Pace Workout** 15 minutes @ zone 1 + 7 * 3 minutes at goal at 105% of 10k power, with 2 minute easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	**Rest or Cross-Training** Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	**Easy Run** 40 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	**Easy Run** 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	**Tempo Workout** 15 minutes @ zone 1 + 15 minutes @ 95% 10k power w/ 3 minutes jogging then 2 * 10 minutes @ 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	**Easy Run** 50 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.
11	**Rest or Cross-Training** The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger.	**Goal Pace Workout** 15 minutes @ zone 1 + 10 * 2 minutes at goal at 105% of 10k power, with 2 minute easy jog in between + 15 minutes @ zone 1 Time for some speed work! You will be doing some intervals above your critical power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	**Rest or Cross-Training** Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training.	**Easy Run** 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	**Easy Run** 30 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.	**Tempo Workout** 20 minutes @ zone 1 + 15 minutes @ 95% 10k power w/ 3 minutes jogging then 15 minutes @ 10k power w/ 3 minutes jogging + 10 minutes @ zone 1 Time for some speed work! You will be doing some intervals just below your goal race power, with a longer rest period in between. This will start to get your body used to doing some fast running and help build speed.	**Easy Run** 40 minutes @ zone 1 (65 - 80% CP) There is no substitute for frequency. Running often is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off.

| 12 | Rest or Cross-Training

The big reason you need the rest day is for recovery and recuperation. Every time you run, your body has to adapt to get stronger. | Easy Run

30 minutes @ zone 1 (65 - 80% CP)

There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off. | Rest or Cross-Training

Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training. | Rest

Not running is just as important as fitting in that long run. Rest days help strengthen your body, sharpen your focus, and reinvigorate your spirit so that you actually want to keep training. | Easy Run

25 minutes @ zone 1 (65 - 80% CP)

There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off. | Easy Run

20 minutes @ zone 1 (65 - 80% CP)

There is no substitute for frequency. Running ofen is just as important as running far for running fast. Easy runs like this may not seem like they are doing much, but over the course of a training plan or any sort of long term commitment, they will pay off. | **Race Day!** |
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