10K 30 - 42 MILES

A 12 week plan designed for runners who have been running 25 - 35 miles per week. If you have been running fewer than 25 miles per week, you should follow the base training plan for building up to 30 miles per week.

The primary focus of the plan is to imporve your VO2Max, Lactate and race specific fitness. Secondary priorities include increasing long runs and overall mileage and improving your speed.

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	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.	General Aerobic + Speed 6 miles @ 75 - 85% CP, in the middle, do 6 x 10 uphill sprint followed by 6 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 8 miles @ 80 - 90% CP Fast running requires a lot of endurance as well. 10K is short in comparison to many road races, but it is still a long way. With all of the focus on speedwork, the endurance runs will tend to be at the lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.	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.	Lactate Threshold 7 miles total. Warmup. Main set: 3 x 8 mins @ 100% CP, with 3 minutes jog. Cool down. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	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.	Endurance 9 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.
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.	Speed 6 miles total. Warmup. Main Set: 2 sets of 4 x 200 @ 800m - mile intensity. Easy jog for 200 meters between repeats and 4 minutes between sets. Cool down. Short burst today, short intervals well above your 10k power, with much less rest than before. You will feel these tomorrow!	Endurance 8 miles @ 80 - 90% CP Fast running requires a lot of endurance as well. 10K is short in comparison to many road races, but it is still a long way. With all of the focus on speedwork, the endurance runs will tend to be at the lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.	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.	Lactate Threshold 8 miles, (2 * 10 mins + 8 mins) @ 100% CP, with 3 minutes jog. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	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.	Endurance 10 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.

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3	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic + Speed 7 miles @ 75 - 85% CP, in the middle, do 6 x 10 uphill sprint followed by 6 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 9 miles @ 80 - 90% CP Fast running requires a lot of endurance as well. 10K is short in comparison to many road races, but it is still a long way. With all of the focus on speedwork, the endurance runs will tend to be at the lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.	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.	VO2Max 8 miles total: Warmup. Main set: 6 x 3mins uphill @ 5K power, jog downhill for recovery. Cool down. Hill repeats are really speed work in disguise. Hills are a great way to build speed and power on tired legs. The power required to run up a hill is the same to run fast, but the leg speed can be lower. A grade of about 6-8% is ideal, but you can play with speed and gradient to keep the workout	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.	Endurance 10 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.
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.	Speed 7 miles total: Warmup. Main set: 2 sets of 4 x 200 @ 800m - mile intensity. Easy jog for 200 meters between repeats and 4 minutes between sets. Cool down. Short burst today, short intervals well above your 10k power, with much less rest than before. You will feel these tomorrow!	General Aerobic 7 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.	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.	General Aerobic 7 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.	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.	General Aerobic 9 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.

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.	General Aerobic + Speed 7 miles @ 75 - 85% CP, in the middle, do 6 x 10 uphill sprint followed by 6 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 9 miles @ 80 - 90% CP Fast running requires a lot of endurance as well. 10K is short in comparison to many road races, but it is still a long way. With all of the focus on speedwork, the endurance runs will tend to be at the lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.	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.	VO2Max 8 miles total: Warmup. Main set: 5 x 1000 @ 100% - 105% (5K power), jog 50% - 90% interval time recovery. Cool down. Time for some speed work! You will be doing some intervals at or above your 5k 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	Recovery 3 miles @ < 80%CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Endurance 10 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.
6	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	Speed 8 miles total: Warmup. Main set: 2 sets of 5 x 200 @ 800m - mile intensity. Easy jog for 200 meters between repeats and 4 minutes between sets. Cool down. Short burst today, short intervals above your 10k power, with much less rest than before. You will feel these tomorrow!	Endurance 9 miles @ 80 - 90% CP Fast running requires a lot of endurance as well. 10K is short in comparison to many road races, but it is still a long way. With all of the focus on speedwork, the endurance runs will tend to be at the lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.	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.	Lactate Threshold 8 miles, (12 mins + 2 * 10 mins) @ 100% CP, with 4 minutes jog. Sustained tempo efforts help build endurance and economy. This should be a comfortably uncomfortable pace.	Recovery 3 miles @ < 80%CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Endurance 11 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.

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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.	General Aerobic + Speed 7 miles @ 75 - 85% CP, in the middle, do 2 sets of 4 x 150m strides with 250m jog recovery and 4 minutes jog recovery between sets A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	General Aerobic 7 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.	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.	Recovery 3 miles @ < 80%CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	5k tune up race 8 miles Here we go, full on 5k as fast as you can go. This run will help us estimate your future 10k power.	Endurance 9 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.
9	Rest or Cross-Training If you don't have time to recharge, it can lead to staleness and general apathy about training.	General Aerobic + Speed 8 miles @ 75 - 85% CP, in the middle, do 8 x 100m strides. A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Endurance 9 miles @ 80 - 90% CP Fast running requires a lot of endurance as well. 10K is short in comparison to many road races, but it is still a long way. With all of the focus on speedwork, the endurance runs will tend to be at the lower end of zone 2. When we run fast, we run really fast. But when we run easy, we run really easily.	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.	VO2Max 9 miles total: Warmup. Main set: (3 x 1000 + 3 x 800) @ 100% - 105% (5K power), jog 50% - 90% interval time recovery. Cool down. Time for some speed work! You will be doing some intervals at or above your 5k 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	Recovery 5 miles @ < 80%CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Endurance 11 miles @ 80 - 90% CP A easy longer run at the low end of Zone 2. This should be a nice comfortable pace, well below the pace of the speedwork you have been doing.

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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.	General Aerobic + Speed 6 miles @ 75 - 85% CP, in the middle, do 8 x 100m strides A certain repetition of short and maximal efforts with the goal to increase neuromuscular recruitment and maximum specific strength	Recovery 4 miles @ < 80% CP After a hard week last week, it is time to unload some of that fatigue. Take it easy while keeping time on the legs and keeping your run frequency up	VO2Max 8 miles total: Warmup. Main set: 4 x 800, 2 x 600, all at 100% - 105% (5K power), jog 50% - 90% interval time recovery. Cool down. Time for some speed work! You will be doing some 400 - 800 meters intervals well above your 10k power, with a longer rest period in between.	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.	Recovery 4 miles @ < 80% CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	General Aerobic 8 miles @ 75 - 85% CP A nice steady block of sustained base running at the low end of Zone 2. Adding some strides to keep the speed feel with your leg.
12	Race Pace + Speed 6 miles total: Warmup + 4 x 100m strides then 1200m @ 10k target power. Cool down.	Recovery 3 miles @ < 80% CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	Recovery 4 miles @ < 80%CP You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	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.	Recovery 3 miles @ < 80%CP, with 4 x 100 strides in the middle You have done a lot of great work. Make sure you relax on these easy runs and just keep the legs moving and blood flowing.	**Goal Race**	

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