

ADVANCED 10K TRAINING PLAN



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Training Begins!
Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 4 Miles at
Easy Pace

Rest/Cross Train

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 4 Miles
at Easy Pace

2

Rest/Cross Train

Run 2 Miles at
Easy Pace

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 5 Miles
at Easy Pace

3

Rest/Cross Train

4 Miles with
Speed Work
(1 Mile Warm-up, 2x
.75 Mile at 5k Pace
with .25 Mile easy, 1
Mile Cooldown)

Run 2 Miles at
Easy Pace

Rest/Cross Train

Run 2-3 Miles at
Easy Pace

Rest/Cross Train

Run 5 Miles
at Easy Pace

4

Rest/Cross Train

4 Miles with
Tempo Work
(1 Mile Warm-up,
2 Miles at 10k
pace, 1 mile
cooldown)

Run 2 Miles at
Easy Pace

Rest/Cross Train

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 6 Miles
at Easy Pace

5

Rest/Cross Train

Run 4 Miles at
Easy Pace

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 2-3 Miles at
Easy Pace

Rest/Cross Train

Run 6 Miles
at Easy Pace

6

Rest/Cross Train

5 Miles with
Speed Work
(1 Mile Warm-up, 2x
1 Mile at 5k Pace
with .5 Mile easy, 1
Mile Cooldown)

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 7 Miles
at Easy Pace

7

Rest/Cross Train

5 Miles with
Tempo Work
(1 Mile Warm-up,
3 Miles at 10k
pace, 1 mile
cooldown)

Run 2-3 Miles at
Easy Pace

Rest/Cross Train

Run 4 Miles at
Easy Pace

Rest/Cross Train

Run 7 Miles
at Easy Pace

8

Rest/Cross Train

Run 5 Miles at
Easy Pace

Run 4 Miles at
Easy Pace

Rest/Cross Train

Run 2-3 Miles at
Easy Pace

Rest/Cross Train

Run 6 Miles
at Easy Pace

9

Rest/Cross Train

6 Miles with
Speed Work
(1 Mile Warm-up, 4x
.5 Mile at 5k Pace
with .25 Mile easy, 1
Mile Cooldown)

Run 2-3 Miles at
Easy Pace

Rest/Cross Train

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 4 Miles
at Easy Pace

10

Rest/Cross Train

4 Miles with
Tempo Work
(1 Mile Warm-up,
2x 1 mile at 10k
pace, 1 mile at
Easy Pace)

Rest/Cross Train

Run 3 Miles at
Easy Pace

Rest/Cross Train

Run 1-2 Miles at
Easy Pace
(Shake Out Run)

RACE DAY!

From cross training recommendations to buying the right pair of shoes, visit OrthoCarolina.com to learn more.

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