



# 10K · ADVANCED 9-WEEK TRAINING PLAN



## SET A GOAL

### STEP 1

Use the [Hansons Training Pace Calculator](#) to fill in the following paces. You'll reference these paces for your weekly workouts. This will help you get the most out of each workout, and ensure that your training hits the right zones so you don't go too easy, or too hard.

\_\_\_\_\_ : Your goal finish time      \_\_\_\_\_ : Your goal pace (GP)  
\_\_\_\_\_ : Long Run      \_\_\_\_\_ : 5k pace (for workouts)

## BRUSH UP ON YOUR RUNNER LINGO

### STEP 2

**TEMPO:** It should be hard to hold a conversation at this speed, but still a pace you could hold for 45–60 minutes if necessary.

**RECOVERY PACE:** Easy jogging in-between hard, fast intervals; no prescribed speed, just keep moving.

**WARM-UP/COOL-DOWN:** Easy jogging and a few shorter, faster intervals to get your body ready for a workout, and easy jogging to recover once you're done.

**REST OR CROSS-TRAIN:** Total rest, or doing a non-running activity such as weights, yoga, cycling, etc.

**NOTATION:** In these training plans, minutes and seconds are noted using quotation marks: minutes are denoted using by single quotation marks, and seconds denoted by double quotation marks. (3' = 3 minutes, 45" = 45 seconds)

### STEP 3

## START TRAINING

**NOTE:** For all Tues/Thurs workouts, include 2 miles warm up, 2 miles cool down



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 1</b>	4 miles easy	5 x 1' hills ----- Jog down in 90" for recovery	4 miles easy	6 "up/down" miles  Alternate: Up miles at tempo pace, Down miles at moderate effort	3 miles easy	Long run: 90'	Rest or easy cross-train
<b>WEEK 2</b>	5 miles easy	3 x 1' hard / 1' easy ----- 5 x 1' hills ----- 3 x 30" hard / 90" easy	5 miles easy	5 x 1 tempo miles  60" recovery	4 miles easy	Long run: 90'	Rest or easy cross-train
<b>WEEK 3</b>	6 miles easy	3 x 2' hard / 1' easy ----- 2 x 90/60/30" hills ----- 3 x 1' hard / 1' easy	6 miles easy	7-mile progressive tempo  Start moderate and cut down 5" each mile	5 miles easy	Long run: 1 hour and 40 minutes	Rest or easy cross-train
<b>WEEK 4</b>	4 miles easy	3 x 3' hard / 90" easy ----- 6 x 45" hills	4 miles easy	8-mile aerobic tempo tempo pace +20" ----- 4 x 100m hard with 3' recovery	Rest or 3 miles easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 5</b>	6 miles easy	12 x 600m at Goal Pace with equal rest <hr/> Pick up speed throughout workout	6 miles easy	3 x 3/2/1' hills  Increasing effort as the intervals get shorter	4 miles easy	Long run: 90'	Rest or easy cross-train
<b>WEEK 6</b>	7 miles easy	6 x 1k at 10k +5" pace with 2' rest <hr/> 8 x 400m at 5k pace with 90" rest	6 miles easy	2 x 2-mile tempo w/ 3' rest between <hr/> 1 mile tempo <hr/> 3 x 150m hard w/ 4' recovery	4 miles easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train
<b>WEEK 7</b>	7 miles easy	6 x 800m at 5k pace then 250m even faster <hr/> 1' recovery after 800, 4' recovery after 250	6 miles easy	8-mile progressive tempo  Start moderate and cut down 5" each mile	5 miles easy	Long run: 1 hour and 45 minutes	Rest or easy cross-train
<b>WEEK 8</b>	7 miles easy	70' run as you feel <hr/> 9 x 100m quick	7 miles easy	2 x 3000/1600/1200/800/400/200m <hr/> Rest 4'/3'/2'/2'/2'/2' <hr/> Start at tempo pace -15" and get steadily faster	6 miles easy	Long run: 90'	Rest or easy cross-train

