



10K Experienced Runner Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
4/26	3 m + strength	3 m run	30 min tempo	3 m run + strength	Rest	60 min cross	4 m run
5/3	3 m + strength	3 m run	6 x 400 5K pace	4 m run + strength	Rest	60 min cross	4 m run
5/10	3 m + strength	3 m run	30 min tempo	3 m run + strength	Rest	60 min cross	5 m run
5/17	3 m + strength	3 m run	6 x 400 5K pace	4 m run + strength	Rest	60 min cross	5 m run
5/24	3 m + strength	3 m run	35 min tempo	3 m run + strength	Rest	60 min cross	5 m run
5/31	3 m + strength	3.5 m run	8 x 400 5K pace	4 m run + strength	Rest	60 min cross	6 m run
6/7	3 m + strength	4 m run	40 min tempo	3 m run + strength	Rest	60 min cross	6 m run
6/14	3 m + strength	4.5 m run	9 x 400 5K pace	4 m run + strength	Rest	60 min cross	7 m run
6/21	3 m + strength	5 m run	45 min tempo	3 m run + strength	Rest	60 min cross	7 m run
6/28	3 m + strength	5.5 m run	10 x 400 5K pace	4 m run + strength	Rest	60 min cross	8 m run
7/5	3 m + strength	6 m run	50 min tempo	4 m run + strength	Rest	60 min cross	8 m run
7/12	3 m + strength	3 m run	5 x 400 5K pace	Rest	Rest	Race Day	

*cross = bike, hike, power walk, swim.....

* strength = weight training, yoga, core strengthening exercises.....