Congratulations! Starting a training program is a great accomplishment! We hope this plan helps you accomplish your goals, whatever they may be - getting healthier, having fun, or working towards completing your first of many races to come! We'd love to hear about your progress - email info@race131.com with any questions and to update us on how your training is going! When you're ready to set your next goal, check out Race131.com/races to pick a race to train for!

Remember: You Can & You Will!

About This Training Plan

The 10k Beginner 8-week training plan is designed for the novice runner in preparation for a 10k race. This plan places a special emphasis on a steady progression of mileage while touching on several different types of workouts ranging from anaerobic threshold repeats, to hill strides, to VO2 max repeats at race pace coupled with various sessions that focus on speed work. Weekly mileage will start at 13 miles per week and peak at 32 before tapering in preparation for race day.

In addition there are some recovery runs and cross training days that will allow you to unload your legs and aid in adaptation to building fitness.

Who Should Do This Plan

This plan is for anyone who wants to train for their first 10k or has already completed this distance and is looking to improve. We recommend that you are already used to running 4-5 times a week before beginning this training plan. If you are new to racing and want to add different elements to your training in preparation for running a personal best, then this is the plan for you!

RACE 13.1 TRAINING 10k • Beginner

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|--|--|---|--|--|
| Run - Recovery Run: Easy | Run: Warm Up | Run - Recovery Run: Easy | Cross Training: 45 min. | Run - Recovery Run: Easy | Run - Long Run: Easy | Recovery/Rehab: |
| Run -2 miles | 5 min. easy jog and stretch | Run -1 mile | Bike / Swim / Weights | Run -1 mile | Run -4 miles | Stretch/Recover (see note 2 below |
| 30-45 seconds slower than | Run: Tempo Repeats: | 30-45 seconds slower than | (see note 1 below) | 30-45 seconds slower than | complete at long run pace | |
| long run pace | 5 x 800 meters | long run pace | | long run pace | | |
| | (anaerobic threshold pace) with | | Recovery/Rehab: | Run: Ins & Outs (see note 4 below) | | |
| | 1 minute recovery between intervals | | Stretch/Recover (see note 2 below) | 4 laps of Ins/Outs | | |
| | (see note 3 below) | | Stretch, necover (See Note 2 Below) | (stride the straight, jog the curve) | | |
| | Run: Cool Down | | | Run: Cool Down | | |
| | | | | | | |
| | 5 min. easy jog and stretch | 0 | Communication of the contraction | 7 min. easy jog and stretch | D | D D |
| Run - Recovery Run: Easy | Run: Warm Up | Run - Recovery Run: Easy | Cross Training: 45 min. | Run - Recovery Run: Easy Run - 2 miles | Run - Long Run: Easy | Run - Recovery Run: Easy |
| Run -3 miles | 10 min. easy jog and stretch | Run -2 miles | Bike / Swim / Weights | 30-45 seconds slower than | Run -5 miles | Run -2 miles |
| 30-45 seconds slower than | Run: Tempo Repeats: | 30-45 seconds slower than | (see note 1 below) | long run pace | complete at long run pace | complet run at long run pace |
| long run pace | 3 x 1 mile | long run pace | | Run: Hill Strides | | |
| | 2:30 minutes rest between | | Recovery/Rehab: | 8 x 150 meters uphill (150 meters or | | Recovery/Rehab: |
| | (see note 3 below) | | Stretch/Recover (see note 2 below) | 30 seconds, whichever is shortest. | | Stretch/Recover (see note 2 belov |
| | | | | (see note 5 below) | | |
| | Run: Cool Down | | | Run: Cool Down | | |
| | 15 min. easy jog and stretch | | | 15 min. easy jog and stretch | | |
| Run - Recovery Run: Easy | Run: Warm Up | Run - Recovery Run: Easy | Cross Training: 45 min. | Run - Recovery Run: Easy | Run - Long Run: Easy | Run - Recovery Run: Easy |
| Run -3 miles | 5 min. easy jog and stretch | Run -3 miles | Bike / Swim / Weights | Run -2 miles | Run -5 miles | Run -3 miles |
| 30-45 seconds slower than | 5 mm. casy jog and strettin | 30-45 seconds slower than | = | 30-45 seconds slower than | | |
| | B | | (see note 1 below) | | complete at long run pace | complet run at long run pace |
| long run pace | Run: VO2 Max: 800 Meter Repeats | long run pace | | long run pace | | |
| | 5 x 800 meters (VO2 Max Pace) | | Recovery/Rehab: | Run: Strides | | Recovery/Rehab: |
| | 3 min. recovery between repetitions | | Stretch/Recover (see note 2 below) | 8 x 300 meters (VO2 max pace) | | Stretch/Recover (see note 2 below |
| | | | | 2 min. rest between strides | | |
| | Run: Cool Down | | | Run: Cool Down | | |
| | 10 min. easy jog and stretch | | | 5 min. easy jog and stretch | | |
| Run - Recovery Run: Easy | Run: Warm Up | Run - Recovery Run: Easy | Run - Recovery Run: Easy | Run - Recovery Run: Easy | Run - Long Run: Easy | Run - Recovery Run: Easy |
| Run -2 miles | 5 min. easy jog and stretch | Run -3 miles | Run -4 miles | Run -4 miles | Run -6 miles | Run -3 miles |
| 30-45 seconds slower than | Run: 400 Meter Repeats: | 30-45 seconds slower than | 30-45 seconds slower than | 30-45 seconds slower than | complete at long run pace | complet run at long run pace |
| long run pace | 4 sets of (4 x 400 meters) | long run pace | long run pace | long run pace | complete de long run pace | complet run de long run pace |
| iong run pace | 1:30 minute recovery | long run pace | iong run pace | Run: Hill Strides | | Recovery/Rehab: |
| | | | - 4-11 | 8 x 150 meters uphill (150 meters or | | |
| | (see note 6 below) | | Recovery/Rehab: | | | Stretch/Recover (see note 2 below |
| | Run: Cool Down | | Stretch/Recover (see note 2 below) | 30 seconds, whichever is shortest. | | |
| | 10 min. easy jog and stretch | | | Recovery: jog/walk back down | | |
| | | | | the hill. | | |
| Run - Recovery Run: Easy | Run: Warm Up | Run - Recovery Run: Easy | Cross Training: 45 min. | Run - Recovery Run: Easy | Run - Long Run: Easy | Run - Recovery Run: Easy |
| Run -3 miles | 10 min. easy jog and stretch | Run -3 miles | Bike / Swim / Weights | Run -5 miles | Run -6 miles | Run -2 miles |
| 30-45 seconds slower than | Run: Track Workout: | 30-45 seconds slower than | (see note 1 below) | 30-45 seconds slower than | complete at long run pace | complet run at long run pace |
| long run pace | 3 x 2000 meters (VO2 Max Pace) | long run pace | | long run pace | | |
| | 3:39 minute rest between each | | Recovery/Rehab: | | | Recovery/Rehab: |
| | interval | | Stretch/Recover (see note 2 below) | | | Stretch/Recover (see note 2 below |
| | | | | | | |
| | Run: Cool Down | | | | | |
| | 10 min. easy jog and stretch | | | | | |
| Our Descuer Dur Fran | | Burn Bassussi Burn Fasu | Dun Bassuani Buni Fasi | Run Bassuami Rumi Fassi | Duny Mann Ha | Dun Bassiani Bini Engli |
| Run - Recovery Run: Easy Run -4 miles | Run: Warm Up | Run - Recovery Run: Easy Run -3 miles | Run - Recovery Run: Easy Run -5 miles | Run - Recovery Run: Easy Run -5 miles | Run: Warm Up | Run - Recovery Run: Easy Run -3 miles |
| | 17 min. easy jog and stretch | | | | 5 min. easy jog and stretch | |
| 30-45 seconds slower than | | 30-45 seconds slower than | complet run at long run pace | 30-45 seconds slower than | | complet run at long run pace |
| long run pace | Run: VO2 Max: 1000 Meter Repeats | long run pace | Run: 200 meter repeats | long run pace | Run: Progression -4 miles | |
| | 4 x 1000 meters (VO2 Max Pace) | | 8 x 200 meters (mile race pace) | | (see note 8 below) | Recovery/Rehab: |
| | (see note 7 below) | | (1:30 min. rest) | | | Stretch/Recover (see note 2 belo |
| | | | | | Run: Cool Down | |
| | Run: Cool Down | | Recovery/Rehab: | | 10 min. easy jog and stretch | |
| | 10 min. easy jog and stretch | | Stretch/Recover (see note 2 below) | | | |
| Run - Recovery Run: Easy | Run - Recovery Run: Easy | Run - Recovery Run: Easy | Run: Warm Up | Cross Training: 45 min. | Run - Long Run: Easy | Recovery/Rehab: |
| Run -3 miles | Run -5 miles | Run -3 miles | 10 min. easy jog and stretch | Bike / Swim / Weights | Run -6 miles | Stretch/Recover (see note 2 below |
| | | | Run: Ladder Workout - 2.5 miles | (see note 1 below) | complete at long run pace | |
| | | 30-45 seconds slower than | | | complete at long run pace | 1 |
| 30-45 seconds slower than | 30-45 seconds slower than | 30-45 seconds slower than | | , | | |
| 30-45 seconds slower than | | 30-45 seconds slower than long run pace | (see note 9 below) | | | |
| 30-45 seconds slower than | 30-45 seconds slower than | | (see note 9 below) | Recovery/Rehab: | | |
| 30-45 seconds slower than | 30-45 seconds slower than | | (see note 9 below) Run: Cool Down | | | |
| 30-45 seconds slower than long run pace | 30-45 seconds slower than | | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch | Recovery/Rehab: | | |
| 30-45 seconds slower than | 30-45 seconds slower than | | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: | Recovery/Rehab: | | |
| 30-45 seconds slower than long run pace | 30-45 seconds slower than | long run pace | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) | Recovery/Rehab: Stretch/Recover (see note 2 below) | | |
| 30-45 seconds slower than | 30-45 seconds slower than | | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: | Recovery/Rehab: | Run - Recovery Run: Easy | Run: Warm Up |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy | 30-45 seconds slower than long run pace | long run pace | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) | Recovery/Rehab: Stretch/Recover (see note 2 below) | Run - Recovery Run: Easy Run - 1.5 miles | Run: Warm Up 5 min. easy jog and stretch |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch | long run pace Run - Recovery Run: Eosy | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run- Recovery Run: Easy Run - 3 miles | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights | Run -1.5 miles | |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-rest-0.5 mile tempo | Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. | Run -1.5 miles 30-45 seconds slower than | 5 min. easy jog and stretch |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-rest-0.5 mile tempo 2 mile tempo, 3 min walk/jog, | Run - Recovery Run: Easy Run - 2 miles | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run- Recovery Run: Easy Run - 3 miles | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights (see note 1 below) | Run -1.5 miles 30-45 seconds slower than long run pace | 5 min. easy jog and stretch Run: Race Day: Be confident in yo |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-rest-0.5 mile tempo 2 mile tempo, 3 min walk/jog, 0.5 mile tempo | Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights (see note 1 below) Recovery/Rehab: | Run -1.5 miles 30-45 seconds slower than long run pace Run: Strides | 5 min. easy jog and stretch Run: Race Day: Be confident in yo training, have fun and don't leave |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-est-0.5 mile tempo 2 mile tempo, 3 min walk/jog, 0.5 mile tempo (see note 10 below) | Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace Recovery/Rehab: | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights (see note 1 below) | Run -1.5 miles 30-45 seconds slower than long run pace Run: Strides 6 x 100 meters (Mile Race Pace) | 5 min. easy jog and stretch Run: Race Day: Be confident in yo |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-rest-0.5 mile tempo 2 mile tempo, 3 min walk/jog, 0.5 mile tempo (see note 10 below) Run: Strides | Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights (see note 1 below) Recovery/Rehab: | Run -1.5 miles 30-45 seconds slower than long run pace Run: Strides 6 x 100 meters (Mile Race Pace) 1 min. rest between strides | 5 min. easy jog and stretch Run: Race Day: Be confident in yo training, have fun and don't leave anything out on the course. |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles | Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-rest-0.5 mile tempo 2 mile tempo, 3 min walk/jog, 0.5 mile tempo (see note 10 below) Run: Strides 8 x 100 meters (Mile Race Pace) | Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace Recovery/Rehab: | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights (see note 1 below) Recovery/Rehab: | Run - 1.5 miles 30-45 seconds slower than long run pace Run: Strides 6 x 100 meters (Mile Race Pace) 1 min. rest between strides Recovery/Rehab: | 5 min. easy jog and stretch Run: Race Day: Be confident in yot training, have fun and don't leave anything out on the course. Run: Cool Down |
| 30-45 seconds slower than long run pace Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than | 30-45 seconds slower than long run pace Run: Warm Up 5 min. easy jog and stretch Run: 2 mile tempo-rest-0.5 mile tempo 2 mile tempo, 3 min walk/jog, 0.5 mile tempo (see note 10 below) Run: Strides | Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than | (see note 9 below) Run: Cool Down 7 min. easy jog and stretch Recovery/Rehab: Stretch/Recover (see note 2 below) Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace Recovery/Rehab: | Recovery/Rehab: Stretch/Recover (see note 2 below) Cross Training: 45 min. Bike / Swim / Weights (see note 1 below) Recovery/Rehab: | Run -1.5 miles 30-45 seconds slower than long run pace Run: Strides 6 x 100 meters (Mile Race Pace) 1 min. rest between strides | 5 min. easy jog and stretch Run: Race Day: Be confident in ye training, have fun and don't leave anything out on the course. |

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Training Notes

- 1) Best performed on a standard, 400-meter oval track. Straightaways = 100 meters. Curves = 100 meters. Workout is designed to be a continuous run. Stride pace should be equal to your VO2 max threshold pace, while the curves are jogged at an easy run pace. Click here to calculate your VO2 max click the 'training tab' and use the 'threshold' pace.
- 2) **Stretch/Recover**: Foam Roll IT Band, quadriceps, hamstrings, calves, hip flexors, glute muscles and spend extra time on sore areas. Stretch these muscles and spend extra time on sore areas. Icing sore areas can also speed recovery but should not be overused (2x/day for 12 minutes is sufficient). **Click here** for more information on how to use a foam roller.
- 3) **Tempo Repeats** by definition: This is an easier form of the tempo run, typically used when first establishing tempo days early in a training plan or on weeks (i.e. race week) when a tempo workout is called for. Tempo repeat workouts are usually the same volume as the run but broken up into smaller bouts of work. For example, 4 x 1 mile at your tempo pace with 1 minute recovery is a good substitute for a 4-mile tempo run. The recovery is not active, meaning you do not need to be running/jogging between repetitions, as is the case with a Fartlek workout. **Click here** to learn more about what a fartlek workout is.
- 4) 150 meters or 30 seconds-whichever is shortest; each repetition should be completed at mile race pace. Recovery: jog or walk back down the hill. Note your VO2 max 'race paces' on the 'race paces' tab if you do not know your one mile race pace.
- 5) It will be helpful to begin first mile at around 1 minute above your threshold pace (note your pace for #1) and slowly chip down to that pace by the last mile. A progression run by definition: Typically, an ideal progression run will average about 20-25 seconds per mile slower than a tempo (anaerobic threshold) run and be 2 to 2 ½ times the length. For example, someone doing their 3-mile tempo runs at 5:00 per mile (15:00) should be able to do a 6 mile progression run at 5:25 per mile (32:05).
- 6) **Track Workout**: 2 miles easy (can be off the track), 8 x (800 meters tempo pace (note V02 max 'race paces')/800 meters easy pace), 2 miles easy (should be off the track). Switch directions on the track to ease stress on inside leg.