

Advanced 10-miler practice schedule

WEEK 1

Monday: 3 mi @ 65% MHR (Heart Rate)
Tuesday: 7 mi w/ 5 mi @ LT pace
Wednesday: Cross-train
Thursday: 5 mi w/ 1/2 mi x 4 @ 5-K pace, 1/4-mi recovery
Friday: Rest
Saturday: 4 mi w/ Track Striders--8 laps
Sunday: 10 mi @ 80% MHR
Total: 29 mi

WEEK 2

Monday: 4 mi @ 65% MHR
Tuesday: 8 mi w/ 2 mi x 2 @ LT pace, 3-min recovery
Wednesday: Cross-train
Thursday: 7 mi w/ 1/2 mi x 6 @ 5-pace, 1/4-mi recovery
Friday: Rest
Saturday: 4 mi w/ 4 x Downhills
Sunday: 10 mi @ 80% MHR
Total: 33 mi

WEEK 3

Monday: 4 mi @ 65% MHR
Tuesday: 10 mi w/ 2 mi x 3 @ LT pace, 3-min recovery
Wednesday: Cross-train
Thursday: 5 mi w/ 6 x Uphills
Friday: Rest
Saturday: 4 mi w/ Track Striders 8 laps
Sunday: 13 mi @ 80% MHR
Total: 36 mi

WEEK 4

Monday: 6 mi @ 65% MHR
Tuesday: 8 mi w/ 4 mi @ LT pace on hilly course
Wednesday: Cross-train
Thursday: 6 mi w/ 1 mi x 3 @ 10-K pace, 1/4-mi recovery
Friday: Rest
Saturday: 5 mi w/ 6 x Downhills
Sunday: 10 mi w/ 5 mi @ 80% MHR and 5 mi @ LT pace
Total: 35 mi

WEEK 5

Monday: 5 mi @ 65% MHR
Tuesday: 10 mi w/ 2 mi x 3 @ LT pace, 3-min recovery
Wednesday: Cross-train
Thursday: 7 mi w/ 8 x Uphills
Friday: Rest
Saturday: 5 mi w/ Track Striders-- 10 laps
Sunday: 14 mi w/ 10 mi @ 80% MHR and 4 mi @ LT pace
Total: 41 mi

WEEK 6

Monday: 7 mi @ 65% MHR
Tuesday: 7 mi w/ 5 mi @ LT pace on hilly course
Wednesday: Cross-train
Thursday: 4 mi w/ Track Striders 8 laps
Friday: 3 mi easy
Saturday: Rest
Sunday: 10-K race
Total: 27 mi

WEEK 7

Monday: 4 mi @ 65% MHR
Tuesday: 10 mi w/ 6 mi @ LT pace
Wednesday: Cross-train
Thursday: 7 mi w/ 1 mi x 4 @ 10-K pace, 1/4-mi recovery
Friday: Rest
Saturday: 5 mi w/ 8 x Downhills
Sunday: 16 mi w/ 10 mi @ 80% MHR and 6 mi @ LT pace
Total: 42 mi

WEEK 8

Monday: 5 mi @ 65% MHR
Tuesday: 10 mi w/ 2 mi x 3 @ pace, 3-min recovery
Wednesday: Cross-train
Thursday: 7 mi w/ 10 x Uphills
Friday: Rest
Saturday: 4 mi w/ Track Striders--6 laps
Sunday: 10 mi time trial at goal race pace
Total: 36 mi

WEEK 9

Monday: 5 mi @ 65% MHR
Tuesday: 6 mi w/ 4 mi @ LT pace
Wednesday: Cross-train
Thursday: 4 mi w/ 1/4 mi x 8 @ 5-K pace, 200-meter rec.
Friday: Rest
Saturday: 4 mi w/ Track Striders 6 laps
Sunday: 8 mi @ 80% MHR
Total: 27 mi

WEEK 10

Monday: 3 mi easy
Tuesday: 6 mi w/ 4 mi @ LT pace
Wednesday: Cross-train
Thursday: 4 mi w/ Track Striders--4 laps
Friday: Rest
Saturday: 2 mi easy
Sunday: 10-MILER

Workout Key

Workout Percent of Maximum Heart Rate (MHR)

Easy run and long run 65-75%

Tempo run 87-92%

Interval repeats 95-100%

Race Distance

5-K 95-97%

10-K 92-94%

Half-marathon 85-88%

Marathon 80-85%

LT Pace: Lactate Threshold Pace is your 10-K race pace per mile, plus about 20 seconds, or about 85 percent of your maximum heart rate (MHR below).

Track Striders: On a quarter-mile track, run the straights hard but not all out, and jog the turns for recovery.

Downhills: Find a gentle hill that is about 100 yards long. Run down hard but controlled, and jog back up for recovery.

Uphills: Find a hill that is about a quarter to a half mile in length with a five to eight percent grade, which is challenging, but not so steep that you can't sustain a strong uphill effort. Run up it at your 10-K race pace. Recover by walking back down the hill to your starting point.