

Beginner 10-miler practice schedule

WEEK 1

Monday: Rest
Tuesday: 3 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 4 mi w/ 2 mi @ LT pace
Friday: Cross-train
Saturday: Rest
Sunday: 6 mi w/ 4 mi @ 60% MHR
Total: 13 mi

WEEK 2

Monday: Rest
Tuesday: 4 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 5 mi w/ 3 mi @ LT pace
Friday: Cross-train
Saturday: Rest
Sunday: 6 mi w/ 4 mi @ 60% MHR
Total: 15 mi

WEEK 3

Monday: Rest
Tuesday: 4 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 5 mi w/ 3 mi @ LT pace
Friday: Cross-train
Saturday: Rest
Sunday: 8 mi w/ 6 mi @ 60% MHR
Total: 17 mi

WEEK 4

Monday: Rest
Tuesday: 5 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 5 mi w/ 4 mi @ LT pace
Friday: Cross-train
Saturday: Rest
Sunday: 6 mi w/ 4 mi @ 65% MHR
Total: 16 mi

WEEK 5

Monday: Rest
Tuesday: 5 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 6 mi w/ 4 mi @ LT pace
Friday: Cross-train
Saturday: Rest
Sunday: 10 mi w/ 8 mi @ 60% MHR
Total: 21 mi

WEEK 6

Monday: Rest
Tuesday: 6 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 5 mi @ 60% MHR
Friday: Cross-train
Saturday: Rest
Sunday: 10-K race @ LT pace
Total: 17 mi

WEEK 7

Monday: Rest
Tuesday: 4 mi @ 65% MHR
Wednesday: Cross-train
Thursday: 8 mi w/ 4 mi @ LT pace
Friday: Cross-train
Saturday: Rest
Sunday: 10 mi w/ 8 mi @ 70% MHR
Total: 22 mi

WEEK 8

Monday: Rest
Tuesday: 6 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 5 mi w/ 3 mi @ 75% MHR
Friday: Cross-train
Saturday: Rest
Sunday: 8 mi @ LT pace
Total: 19 mi

WEEK 9

Monday: Rest
Tuesday: 5 mi @ 65% MHR
Wednesday: Cross-train
Thursday: 5 mi w/ 3 mi @ 75% MHR
Friday: Cross-train
Saturday: Rest
Sunday: 6 mi @ 70% MHR
Total: 16 mi

WEEK 10

Monday: Rest
Tuesday: 5 mi @ 70% MHR
Wednesday: Cross-train
Thursday: 4 mi @ 65% MHR
Friday: Cross-train
Saturday: 20 minutes 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.