

NYRR 10K TRAINING PLAN ADVANCED (12 WEEKS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Miles/wk (nearest mile)
	Easy run or day off	Speedwork	Easy run, cross-train, or day off	Tempo run	Day off	Easy run with drills and strides	Long run	
1	<ul style="list-style-type: none"> AM—3 miles easy or off PM—3 miles easy 	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 6x800 meters at 10K goal pace w/400-meter recovery jog 1 mile easy 5-10:00 strength training 	4-5 miles easy, 20:00 easy cross-training, or off	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 3 miles at 1:00 per mile slower than 10K goal pace 1 mile easy 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> 2 miles easy 4x (100-meter stride, 100-meter jog) 2 miles easy 	<ul style="list-style-type: none"> 6 miles easy 5-10:00 strength training (optional) 	26-37
	3-6	6.25	0-5	5.3	0-3	5	6	
2	2-3 miles easy	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 5x1000 meters at 10 seconds per mile slower than 10K goal pace w/500 meters recovery jog 1 mile easy 5-10:00 strength training 	3 miles easy, 20:00 easy cross-training, or off	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 5 miles at 1:00 per mile slower than 10K goal pace 1 mile easy 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> 1.5 miles easy 8x (100-meter stride, 100-meter jog) 1.5 miles easy 	<ul style="list-style-type: none"> 5-7 miles easy-to-moderate 5-10:00 strength training (optional) 	24-33
	2-3	6.35	0-3	7	0-3	4	5-7	
3	<ul style="list-style-type: none"> AM—3 miles easy or off PM—3 miles easy 	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 8x400 meters hill at RPE L7-8 w/jog-down recoveries 1 mile easy 5-10:00 strength training 	4-5 miles easy, 30:00 easy cross-training, or off	<ul style="list-style-type: none"> 1.5 miles easy w/form drills and strides 3 miles at 30 seconds per mile slower than 10K goal pace 1.5 miles easy 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> 2 miles easy 1 mile: 8x (100-meter stride, 100-meter jog) 2 miles easy 	<ul style="list-style-type: none"> 7 miles easy 5-10:00 strength training (optional) 	27-39
	3-6	6	0-5	6	0-3	5	7	
4	2-3 miles easy	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 4x1200 meters at 5-10 seconds per mile faster than 10K goal pace w/600-meter recovery jogs 1 mile easy 5-10:00 strength training 	5 miles easy or 30:00 easy-cross training	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 5 miles at 1:00 per mile faster than 10K goal pace 1 mile easy 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> 1.5 miles easy 4x200 meters at 10K goal pace w/200-meter recovery jogs 1.5 miles easy 	<ul style="list-style-type: none"> 1 mile easy Form drills and strides 5K time trial or race 1 mile easy 	25-31
	2-3	6.25	0-5	7	0	4	5.5	
5	<ul style="list-style-type: none"> AM—3 miles easy or day off PM—3 miles easy 	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 3x1 mile at 10K goal pace w/800 meters recovery jog 2x800 meters at 10 seconds per mile faster than 10K goal pace w/400-meter recovery jog 1 mile easy 5-10:00 strength training 	4-5 miles easy, 30:00 easy cross-training, or off	<ul style="list-style-type: none"> 1 mile easy w/form drills and strides 7 miles: 4 miles at 1:00 per mile slower than 10K goal pace, 3 miles at 30 seconds per mile slower than 10K goal pace 1 mile easy 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> 2 miles easy 8x (100-meter stride, 100-meter jog) 2 miles easy 	<ul style="list-style-type: none"> 8 miles easy 5-10:00 strength training (optional) 	34-44
	3-6	8	0-5	9	0-3	5	8	

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6	3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5x1000 meters at 8, 10, 12, 14, and 16 seconds per mile faster than 10K goal pace w/500-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles: 1 mile at 40 seconds per mile slower than 10K goal pace, 1 mile at 20 seconds slower than 10K goal pace, 1 mile at 10K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1.5 miles easy • 8x (100-meter stride, 100-meter jog) • 1.5 miles easy 	<ul style="list-style-type: none"> • 6-8 miles moderate • 5-10:00 strength training (optional) 	24-34
	3	6.3	0-5	5	0-3	4	6-8	
7	<ul style="list-style-type: none"> • AM—3 miles easy or off • PM—3 miles easy 	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 6x800 meters at 8, 10, 12, 14, 16, and 18 seconds per mile faster than 10K goal pace w/400-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	4-5 miles easy, 25:00 easy cross-training, or off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5 miles at 45 seconds per mile slower than 10K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 2 miles easy • 1 mile: 8x (100-meter stride, 100-meter jog) • 2 miles easy 	<ul style="list-style-type: none"> • 10 miles easy-to-moderate • 5-10:00 strength training (optional) 	32-43
	3-6	6.25	0-5	7	0-3	5	10	
8	3-4 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 1 mile at 10K goal pace, 800-meter recovery jog • 1200 meters at 6-8 seconds per mile faster than 10K goal pace, 600-meter recovery jog • 800 meters at 8-10 seconds per mile faster than 10K goal pace, 400-meter recovery jog • 3x400 meters at 12, 13, and 14 seconds per mile faster than 10K goal pace w/200-meter recovery jog • 1 mile easy • 5-10:00 strength training 	4-5 miles easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> • 1.5 miles easy w/form drills and strides • 2 miles at 30 seconds per mile slower than 10K goal pace • 1.5 miles easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy • 4x (200 meters at goal pace, 200-meter recovery jog) • 1 mile easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • 8K/5-mile time trial race • 1 mile easy 	24-30
	3-4	7.25	0-5	5	0	3	7.3	
9	<ul style="list-style-type: none"> • AM—3 miles easy or day off • PM—3 miles easy 	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 8x1000 meters at 10K goal pace w/500-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	5 miles easy or 30:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 5 miles: 2 miles at 45 seconds per mile slower than 10K goal pace, 2 miles at 30 seconds per mile slower than 10K goal pace, 1 mile at 10K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 2 miles easy • 8x (100-meter stride, 100-meter jog) • 2 miles easy 	<ul style="list-style-type: none"> • 8-10 miles easy-to-moderate • 5-10:00 strength training (optional) 	38-45
	3-6	8.1	0-5	7	0-3	5	8-10	

10	3-4 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3x1 mile at 10K goal pace w/800-meter recovery jogs after first 2 • 800 meters easy • 5-10:00 strength training 	3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 3 miles at 30 seconds per mile slower than 10K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1.5 miles easy • 8x (100-meter stride, 100-meter jog) • 1.5 miles easy 	<ul style="list-style-type: none"> • 7-9 miles moderate • 5-10:00 strength training (optional) 	25-34
	3-4	6	0-3	5	0-3	4	7-9	
11	3 miles easy	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 10x400 meters at 10-12 seconds per mile faster than 10K goal pace w/200-meter recovery jogs • 1 mile easy • 5-10:00 strength training 	Day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 2 miles at 10K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 2 miles easy • 8x (100-meter stride, 100-meter jog) • 2 miles easy 	<ul style="list-style-type: none"> • 6 miles easy • 5-10:00 strength training (optional) 	24-27
	3	5.6	0	4	0-3	5	6	
12	Day off	<ul style="list-style-type: none"> • 1 mile easy w/form drills and strides • 1 mile at 10K goal pace • 1 mile easy • 5-10:00 strength training 	3 miles easy or day off	<ul style="list-style-type: none"> • 1 mile easy • 6x (100-meter stride, 200-meter jog) • 800 meters easy 	Day off	<ul style="list-style-type: none"> • 800 meters easy • 4x (100-meter stride, 200-meter jog) • 800 meters easy 	<ul style="list-style-type: none"> • 1 mile easy • Form drills and strides • Goal race • 1 mile easy 	16-22
	0	3	0-3	2.75	0-3	1.75	8.5	

WARMUP: 1 MI EASY WITH FORM DRILLS AND STRIDES

- **Jog 1:00**
- **Form drills:** for 15-20 seconds each, followed by 15-20 seconds of slow jogging, do each of these eight drills:
 - Butt-kicks
 - High knees
 - Quick feet
 - Skipping for height
 - Side-slide/chassée (R and L)
 - Cross-over/carioca/grapevine (R and L)
- **Strides:** after the last drill and a 15-to-20-second jog, run at a relaxed, fast pace (not sprinting, not straining) for 20 seconds, then jog for 40 seconds. Repeat the cycle until you've done four 20-second strides.
- **Jog 1:00**

To gauge easy, moderate, and hard efforts, we use the 1-to-10 Rate of Perceived Exertion (RPE) scale:

RPE Level	How It Feels	Activity
1-2	Negligible effort	Walking
3-4	Easy	Easy-run range
5	Moderate	Regular-run pace
6-7	Moderate-to-hard	Tempo-run range
8-9	Hard	Speedwork range
10	Very hard	Sprinting