

# NYRR 10K TRAINING PLAN INTERMEDIATE (12)

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	
<b>1</b>	3 miles easy or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 4x (800 meters at 10K goal pace, 400-meter recovery jog)</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3-4 miles easy, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3 miles at 1:00 per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1.5 miles easy</li> <li>• 4x (100-meter stride, 100-meter jog)</li> <li>• 1.5 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 5 miles easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>	19-25
	0-3	4.75	0-4	5.3	0	3.5	5	
<b>2</b>	2-3 miles easy	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 5x1000 meters at 10 seconds per mile slower than 10K goal pace w/500-meter recovery jogs</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles e, 20:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 4 miles at 1:00 per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1.5 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 1.5 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 5-7 miles easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>	23-29
	2-3	6.25	0-3	6	0	4	5-7	
<b>3</b>	3 miles easy or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 6x400 meters uphill at RPE L7-8 w/jog-down recoveries</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3-4 miles e, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3 miles at 45 seconds per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 2 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 2 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 6 miles easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>	21-28
	0-3	5	0-4	5	0	5	6	
<b>4</b>	2-3 miles easy	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 4x1200 meters at 5-10 seconds per mile faster than 10K goal pace w/600-meter recovery jogs</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 5 miles at 1:00 per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1.5 miles easy</li> <li>• 4x200 meters at goal pace w/200-meter recovery jog</li> <li>• 1.5 miles e</li> </ul>	<ul style="list-style-type: none"> <li>• 1 mile easy</li> <li>• Form drills and strides</li> <li>• 5K time trial or race</li> <li>• 1 mile easy</li> </ul>	25-29
	2-3	6.25	0-3	7	0	4	5.6	
<b>5</b>	3-4 miles easy or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3x1 mile at 10-15 seconds per mile slower than 10K goal pace w/800-meter recovery jogs</li> <li>• 800 meters easy</li> <li>• 5-10:00 strength training</li> </ul>	3-4 M easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 4 miles at 45 seconds per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 2 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 2 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 8 miles easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>	29-34
	3-4	5.5	0-4	6	0	5	8	

<b>6</b>	3 miles easy	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3x1000 meters at 10 seconds per mile faster than 10K goal pace w/ 500-meter recovery jogs</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3 miles (P): 1 mile at 40 seconds per mile slower than 10K goal pace, 1 mile at 20 seconds per mile slower than 10K goal pace, 1 mile at 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile easy</li> <li>• 1.5 miles</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 1.5 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 6 miles moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>	23-26
	3	5.5	0-3	5	0	4	6	
<b>7</b>	3 miles easy or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 4x800 meters at 10, 12, 14, and 16 seconds per mile faster than 10K goal pace w/400-meter recovery jogs</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles easy, 25:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3 miles at 45 seconds per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1.5 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 1.5 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 6 miles easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>	20-26
	0-3	4.75	0-3	5.3	0	4	6	
<b>8</b>	3-4 miles easy	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 1200 meters at 10K goal pace, 600-meter recovery jog</li> <li>• 800 meters at 6-8 seconds per mile faster than 10K goal pace</li> <li>• 400-meter recovery jog</li> <li>• 400 meters at 10-12 seconds per mile faster than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	4-5 miles easy, 30:00 easy cross-training, or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 2 miles at 30 seconds per mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile easy</li> <li>• 4x (200 meters at goal pace, 200-meter recovery jog)</li> <li>• 1 mile easy</li> </ul>	<ul style="list-style-type: none"> <li>• 1 mile easy</li> <li>• Form drills and strides</li> <li>• 8K or 5-mile time trial or race</li> <li>• 1 mile easy</li> </ul>	22-28
	3-4	4.55	0-5	4.3	0	2.3	7.3	
<b>9</b>	3-4 miles easy or day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 5x1000 meters at 10K goal pace w/500-meter recovery jogs</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 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</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 2 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 2 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 6-7 miles easy-to-moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>	25-33
	0-4	6.25	0-3	7	0	5	6-7	

<b>10</b>	3-4 miles easy	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 2x1 mile at 10K goal pace w/800-meter recovery jog</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles easy or 25:00 easy cross-training	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 3 miles at 30 seconds mile slower than 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1.5 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 1.5 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 7-9 miles moderate</li> <li>• 5-10:00 strength training (optional)</li> </ul>	24-30
	3-4	4.5	0-3	5	0	4	7-9	
<b>11</b>	3 miles easy	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 10x400 meters at 10-12 seconds per mile faster than 10K goal pace w/200-meter recovery jogs</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 2 miles at 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	Day off	<ul style="list-style-type: none"> <li>• 2 miles easy</li> <li>• 8x (100-meter stride, 100-meter jog)</li> <li>• 2 miles easy</li> </ul>	<ul style="list-style-type: none"> <li>• 6 miles easy</li> <li>• 5-10:00 strength training (optional)</li> </ul>	23
	3	5.6	0	4	0	5	6	
<b>12</b>	Day off	<ul style="list-style-type: none"> <li>• 1 mile easy w/form drills and strides</li> <li>• 1 mile at 10K goal pace</li> <li>• 1 mile easy</li> <li>• 5-10:00 strength training</li> </ul>	3 miles easy or day off	<ul style="list-style-type: none"> <li>• 1 mile easy</li> <li>• 6x (100-meter stride, 200-meter jog)</li> <li>• 800 meters easy</li> </ul>	2 miles easy or day off	<ul style="list-style-type: none"> <li>• 800 meters easy</li> <li>• 4x (100-meter stride, 200-meter jog)</li> <li>• 800 meters easy</li> </ul>	<ul style="list-style-type: none"> <li>• 1 mile easy</li> <li>• Form drills and strides</li> <li>• <b>Goal race</b></li> <li>• 1 mile easy</li> </ul>	15-21
	0	3	0-3	2.7	0-2	1.75	8.5	

## WARMUP: 1 MILE 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